



# ADVANCED IMMUNE SUPPORT KIT

P R O T O C O L

This protocol is designed and created for acute immune support for when you have an active infection. Think of it as part of your first aid kit. You don't use bandaids every day as preventative care, you use them once you have a scrape. It's a reaction to a problem. This kit should be used in the same fashion for when you have an active infection. ADP, an emulsified oregano oil product, is a powerful natural antimicrobial. With this comes compromise to the microbiome, and so we have included the Terraflora Synbiotic, a probiotic designed to support a strong foundation in your gut biome.

Research is showing the power of natural antimicrobials when it comes to fighting off tough microbiota such as viruses and bacteria. Recent research is showing the power of concentrated oregano oil and other powerful natural antimicrobials when it comes to reducing viral activity, including the Coronavirus, a globally concerning respiratory virus.

Oregano oil has long been used for centuries as a potent natural antimicrobial to help battle various bacterial and viral infections. Unlike pharmaceutical products, natural substances tend to be able to have more wide spread activity, and not singular such as antibiotic drugs that can only work against bacterial infections, and antivirals that only work against viral infections. Instead we tend to refer to natural compounds as having antimicrobial abilities as they work against a variety of these organisms.

Oregano and many other natural antimicrobials have also been shown in research to often be an effective alternative for varying bacteria, fungus, and viruses that have shown drug resistance properties.

***"With great power, comes great responsibility." Uncle Ben from Spiderman.***

While oregano oil and other natural antimicrobials have the potential for great use, we must respect this power! Remember that we have our own microbiome, an ecosystem of microbiota that is crucial to our overall health! When taking these compounds we must take care to support the regrowth of our microbiome.

Oregano oil is NOT to be used continuously for preventative measures, but instead used short-term when you become symptomatic and realize you are sick. We want to take extra care to support our gut biome both during and after using antimicrobials.

## NUTRITIONAL RECOMMENDATIONS:

### DO THE FOLLOWING TO HELP GIVE YOUR GUT BUGS SOME EXTRA LOVE:

- Consume daily servings of fermented foods. "Gut shots" of the brine from fermented veggies are a great source!
- Take probiotics such as Terraflora 2-3x daily.
- Eat plenty of dark leafy greens, non-starchy veggies, and berries to feed your gut biome the fuel it needs to grow and thrive!
- Daily servings of LonoLife bone broth help reduce inflammation and strengthen the overall gut.



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## SUPPLEMENTAL PROTOCOL:

**ADP** - A potent antimicrobial, ADP is emulsified oregano oil for optimal effectiveness and absorption.

- Kit includes 1 bottle.

*Dosage: Take 2 tablets 2-3x daily while you feel symptomatic.*

*DO NOT CONSUME LONG-TERM.*

## **CHOOSE ONE**

**BIODOPH 7 PLUS or TERRAFLORA - DAILY CARE or TERRAFLORA WOMEN'S DAILY or TERRAFLORA - DEEP IMMUNE:**

Probiotics are an important supplement to take as it helps replenish good bacteria and crowds out the bad bacteria. It is recommended to rotate the probiotics you use to give your body different strains of bacteria. By regularly switching to a new probiotic that has varying strains of bacteria, you're encouraging the healthy proliferation of gut microflora.

- Kit includes 1 bottle.

*Dosage:*

*- BioDoph 7 - take 1 each morning upon rising and 1 before bed away from food*

*- Terraflora Daily Care - take 1-2 daily with or without food*

*- Terraflora Women's Daily - take 1 capsule 2x daily with food*

*- Terraflora Deep Immune - take 1 capsule 2x daily with food*

*MAY CONTINUE LONG-TERM AT 1-2 PER DAY.*

## LIFESTYLE RECOMMENDATIONS:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based or essential oil based hand sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Stay home when you are sick.



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[BUY NOW ONLINE](#)

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- BioDoph 7 Plus or Terraflora - Daily Care or Terraflora Women's Daily, or Terraflora - Deep Immune:
  - BioDoph 7 - take 1 each morning upon rising and 1 before bed away from food
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## DESTINATION HEALTH CREDENCE:

 **DIET** - Here at Destination Health, we always believe that a base of a real, whole food diet is crucial when addressing our health. Your diet should be rich in meats, eggs, fish, shellfish, vegetables, nuts, seeds, leafy greens, and minimal fruits. A healthy diet is one rich in diversity, of both plant and animal-based foods, as well as not high in carbohydrates, and for some that may even require a Ketogenic approach.

 **LIFESTYLE** - Your lifestyle is another important piece to your success, just as what you put in your body. Managing stress, proper sleep, and including regular movement into your lifestyle will go a very long way to improving your markers of health.

 **TRIBE** - Destination Health is the ultimate resource for drivers who believe in REAL FUEL! We are dedicated to help understand and reverse the effects of your current diet and lifestyle based on your bio-individual nutritional needs. Achieving optimal health takes time, dedication, and commitment. The Destination Health tribe is here to offer support and guidance as you continue on your journey to a better you!

You are following a protocol designed for a specific outcome. Dosage will vary (bottle vs protocol instructions). Please follow protocol instructions for optimal results.

The information and protocols provided by Destination Health, presented here at letstruck.com and as presented in any Podcast or Live events, are not offered as cures, prescriptions, diagnoses or a means of such. No attempt should be made to use any of this information as a form of treatment without the approval and guidance of your primary health advisor. Let's Truck assumes no responsibility in the correct or incorrect use of this information.