



Advanced Medicine
ALTERNATIVES

Build Your Immunity

PROLONEWS

Monthly Newsletter by George Kramer, M.D

September, 2023

NATURAL & REGENERATIVE HEALING

Arthritis
Back Pain
Carpal Tunnel
Syndrome
Degenerative Disc
Disease
Fibromyalgia
Foot Pain
Headaches
Knee Pain
Ligament Sprains
Neck Pain
Nerve Pain
Plantar Fasciitis
Sciatica
Shoulder Pain
Sports Injuries
Tendinitis
TMJ
Whiplash

Building immunity helps your body to heal. You can build your immune system to help resist viral diseases and recover more quickly from any illnesses or injury. Listed below are some of the suggestions from natural medicine doctors and experts in disease prevention and treatment that may be helpful in your efforts to stay healthy.

Visit our website for more information and additional resources:

www.georgekramermd.com/buildyourimmunity

Preventative Vitamins and Supplements for Viral Illnesses, COVID, Flu, RSV

An important way to resist virus related illness is to boost your immune system through vitamin intake and nutrient-based supplements. Prophylaxis (prevention) supplement recommendations by the Front Line Covid Critical Care Alliance (FLCCC) has reliable information including protocols for prevention and early outpatient treatment. See their website for more in depth information:

<https://covid19criticalcare.com/protocol/i-prevent-covid-flu-rsv/>

Antiseptic mouthwash: Gargle twice daily
(do not swallow) Scope™, Act™, Crest™

Vitamin D3: 2000-5000 IUs per day

Vitamin C: 500-1000 mg 2x per day

Quercetin or Resveratrol: 400-500 mg per day

Zinc: 20-50 mg per day

Melatonin (slow release): Begin with 1 mg and
increase as tolerated to 6 mg at night.

Elderberry Syrup: During periods of high
transmission

Note: You can
purchase many of
these supplements
online, at your
health food store, or
on our NutriDyn
online shop.

Vitamin A

Dr. Shallenberger explains how Vitamin A can also help prevent and fight viral infections. His article with additional details is republished on the website.

(Note: pregnant or nursing women should not be taking extra Vitamin A.)

www.georgekramermd.com/dr-shallenbergers-vitamin-a-for-viruses

For more information
visit us online!

georgekramermd.com

More info on next page...

BUILD YOUR IMMUNITY

Continued...

Hydrogen Peroxide Gargling

The use of food grade Hydrogen Peroxide (H_2O_2) for mouth wash and gargling has shown to be effective in deactivating viruses (including the coronavirus) within seconds. You can get saline nasal spray online or at drug stores. Pour half out and fill with 3%hydrogen peroxide for a 1.5%nasal spray solution. In a study published in June 2020 by the NIH, they proposed using two puffs (about 0.28 ml) of 1.5% H_2O_2 nasal spray into each nostril two times daily, combined with a mouth wash and gargling for 1 min with a 3% H_2O_2 solution two times daily.



Hydrogen Peroxide Nebulization

Hydrogen Peroxide nebulization has been reported to be helpful in preventing and treating respiratory viral infections. Several authors and natural medicine doctors have written articles on the benefits of hydrogen peroxide nebulization. Dr. Shallenberger, author of Second Opinion newsletter, discusses natural therapies for many conditions and ways to prevent illnesses. He wrote an article March 9, 2020 titled: This At-Home Treatment Can Knock Out Any Virus-Including the Coronavirus. It described hydrogen peroxide nebulization. Further resources and details can be found on our website: www.georgekramermd.com/hydrogenperoxide

Mild Symptoms at Home

There are some things you can do at home if you're experiencing symptoms. Consult your doctor and see protocols by the Front Line Covid Critical Care Alliance at <https://www.covid19criticalcare.com/protocol/i-prevent-covid-flu-rsv/> and <https://covid19criticalcare.com/protocol/i-care-early-covid-treatment/>

"Let's continue to be smart and not scared."
George Kramer, M.D.

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