

# Dr. Jan's COLD & FLU PROTOCOL

## COLD PROTOCOL

Do these steps all winter to avoid getting sick.

- ❖ Sports Research D3/K2 or equivalent (non-soy, non-corn). Take higher dose while sick and then decrease to regular dose.
  - Adults 10,000 IU (250 mcg) per day. Take 5000 IU (125 mcg) year-round.
  - Children 1000 – 2000 IU (25 – 50 mcg) per day
- ❖ EmergenC drink mix: 2 – 3 packets per day (2 – 3 grams Vitamin C per day)
- ❖ Zinc 50 mg per day.
- ❖ Deep Breathing – get the gunk out.
- ❖ Rest - Go To Bed. Get at least 8 hours of restful sleep per night.
- ❖ Stop eating SUGAR!!!
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- Decongestant - for congestion and sinus pressure. Do Not Use Dristan, Afrin or other nasal spray decongestants without discussing with Dr. Jan. May use Nasacort or equivalent if needed.
  - Sudafed 30 mg – 1 to 2 tablets every 4 – 6 hours (Adults only, not for children). Use only as needed – highly addictive.
  - Children – Use a Pediatric decongestant, follow package instructions.
  - Coricidin-D: best for patients with high blood pressure.
- Mucinex DM (guaifenesin, dextromethorphan) — use for chest congestion, coughing.
  - Adults: maximum of 2400 mg in a 24-hour period
  - Children: follow package instructions for age of child
- Allegra or Zyrtec – dose according to instructions for adults and children
- Nasal Rinses – Simply Saline Sterile Nasal Spray (aerosol can / pressurized)
- Drink lots of fluids
- Humidify the house, preferably a cool mist humidifier. Sometimes adding 1 pint of Hydrogen Peroxide and then filling the humidifier can shorten an upper respiratory infection.
- If using Essential Oils – diffuse one of the following oil blends for 15 minutes every hour while at home. Do not run continuously, may cause respiratory irritation. Recommended Blends – Young Living: Thieves, RC, Melrose, Purification. Doterra – On Guard, Breathe

## FLU PROTOCOL:

- Cold Protocol plus:
- Oscillococcinum (in pharmacy section at grocery stores) – Take one full tube under tongue every 6 - 8 hours for 3 days. Same dose for all ages
- Nausea/Vomiting – Homeopathic Nux Vomica; Ginger Ale, Classic Coke, 7-UP, Mint tea
- Fever / Body aches
  - Adults - Ibuprofen 200 – 400 mg every 4 - 6 hours and Acetaminophen 325 mg – 500 mg every 6 hours
  - Children – Ibuprofen and Acetaminophen dosing based on age and weight. Do appropriate dosing for 4-hour (ibuprofen) and 6-hour (acetaminophen) intervals for fever control.
- Do not return to school or work until fever free for 24 hours without medication.