



Nourish and Revive

Virus Reference Guide

This reference guide is a great resource to help support the immune system's natural response against viral agents; this may include the flu, Coronavirus and cold sores.

Email heidi@nourishandrevive.com to order today. Want more info? Book a free 10-minute consultation to see which supplements are right for you: nourishandrevive.com/free-10-minute-phone-chat/

Prevention – Immunity Support – please see Immunity Sheet for food recommendations

- Enjoy at least a cup of bone broth every day. Recipe below.
- Stay hydrated with filtered or spring water. Add trace minerals to your water.
- Wash your hands frequently, get enough rest, exercise and breathe deeply!
- Reduce stress. "[Stress may reduce immunity](#)" by the American Psychology Association.
- Cover your cough or sneeze with a tissue. No tissue? Cough and sneeze into your sleeve.
- Avoid rubbing your eyes, touching your hair, ears, nose and mouth.
- Get plenty of rest. With daylight savings right around the corner, we may become sleep deprived as our bodies adjust. Poor or inadequate sleep may lower your immunity.
- Clean your doorknobs, light switches, handles, smart phone, remotes, laptop and keyboard, desk, toilet handles and seats with hydrogen peroxide or rubbing alcohol. Wash hand towels often and microwave sponges.

Supplements – prevention recommendations while the viral threat is high. – please see Immunity Sheet for normal recommendations after the high threat of the Coronavirus has passed.

- **Fields of Flowers** – dropper per day (Emotional Stress)
- **Flu-tone** – 1 dropper per day if you have not already had the flu this season.
- **Viru-chord** – 1 dropper per day (Homeopathic Viral Protection)
- **Vitamin A + Carotenoids** – 1 per day (Essential Viral Support)
- **Catalyn** – 3 per day (Multivitamin/mineral)
- **D3-K2** – 6000 IU per day (Immune Support)
- **Zinc 30** – 1 per day (Immune Support)
- **Tuna Omega-3** – 4 per day (Essential Fatty Acids)
- **Prosynbiotic** – 3 per night (Gut support/Probiotic)
- **Quercetin with Vitamin C** – 1 per day (Lung protection/vitamin C)



Mix: Hot Water, 2T Honey, 2T Vinegar,
2 T Lemon Juice, Dash of Cinnamon,
Mix and Enjoy. You Will Feel Better
Within an Hour!

Recipe by David Wolfe

Sick – Daily until symptoms subside for 2 days

- **Sore Throat Tea Recipe, Throat Spray-tone, Elderberry and Zinc Lozenges** – Soothes irritated throats.
- **(Bacteria) ATAK** – 6-9 capsules per day until better. Increase probiotics at night.
- **(Virus) Low Arginine Foods** – avoid nuts, seeds, chocolate and coffee
- **Immune Lowering Foods** – avoid wheat, dairy, sugar and alcohol.

Virus – Take daily until symptoms subside for 5 days

Supplements – keep doing the preventative supplements and possibly add the following. Email heidi@nourishandrevive.com for specifics for your bio-individuality.

Have these on hand to support the body if you develop symptoms.

- **ViVi or Viranon** (contraindicated with some medications) – Ask Heidi which is best for you.
- **Throat Spray-tone** – Adds instant immunity and soothes throat.
- **Drainage Remedy** – Ask Heidi for specifics
- **Kidney, Lung and Liver Support** – Ask Heidi for specifics
- **L-Lysine** – “[The Amino Acid that Targets Viral Infections](#)” by the Nutrition Doctor

Bone Broth – from Nourishing Traditions

- 2-3# of free-range chicken bones
- 4 quarts cold filtered water
- 2 tablespoons vinegar
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 3 celery stalks, coarsely chopped

Place chicken bones in a large stainless-steel pot with water, vinegar and vegetables except parsley. Let stand 30 minutes to 1 hour. Bring to a boil and skim the top. Reduce heat, cover and simmer for 6 to 24 hours. The longer you cook the stock, the richer and more flavorful. 10 minutes before finishing, add parsley to impart additional mineral into the broth. Strain the broth into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off fat and store in glass containers in fridge or freezer.



Important: Consult your doctor if you are having an immune challenge. These products are not intended to diagnose, treat, cure or prevent any disease. Always consult with a physician before using any recommendations by Nourish and Revive. If you suffer from a medical condition, you need to consult with a physician. Children, pregnant or lactating women should not take herbs, honey or some vitamins; seek the advice of your physician.