

Nutrition: Complementary And Alternative Choices

Infections

John W. Jones, MD, MPH
Nutritional Consultant, Nutrition Pure and Simple
www.jjconsulting.net

Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.

Nutrient	Product	Quan
Monolaurin	Ultra Monolaurin	1-4 scoops/day
Elderberry and Echinacea	Ultra-Elderberry Plus	1-4
Essential Fatty Acids	Ultra Omega-Linic	4-12
Immune and Antimicrobial support	PhytoBiotic	1-2, 3x/day
	PhytoBiotic topical spray	2-3x/day
Anti Inflammatory pain relief	Yucca	2-6
Probiotics	Ultra 4x6 Probiotic	2
Spirulina	Spirulina capsules	2-6/day
Vitamin C	Ultra C-1000	1-10
	Ultra-Chew C	1-10
Vitamin A	Vitamin A	1-3
Other problems and solutions		
sore throat	S-T Aroma Spritzer	PRN
herpes	L-Lysine	1-3 grams
skin infections	Dermacalm	PRN
acne	Dermaclear lotion & caps	
bladder	BladrEase	2, 3x/day
	d-Mannose	1 tsp

June 2015

Virus, Bacteria, Fungus and Parasite Infections take many forms. They might present as Acne, Colds & Flu, Cough, Cystitis/UTI, Eczema/Dermatitis, Hepatitis, Herpes, Sore Throat, Urinary Tract, Vaginal Infections or a host of other problems. I have written nutritional protocols for most of these conditions as they are very problematic.

Urinary tract infections, for instance, are the 2nd most common type of infection in the body, and account for millions of doctor visits per year.

The overuse of antibiotics is an increasing problem in modern medicine. The CDC has ongoing program to discourage this practice. **Ultra Monolaurin** and **Ultra-Elderberry Plus** present an alternative approach when antibiotics are not indicated. They may be used separately, but when used together they make a potent substitute for broad spectrum antibiotics. Each of these possesses antibacterial, antiviral and antifungal properties.

ESSENTIAL FATTY ACIDS

The essential fatty acids in **Ultra Omega-Linic** should be a part of daily supplementation. When the body is fighting infections its anti-inflammatory effects are critically important.

For those using only fish oil it should be noted that Ultra Omega-Linic is a much more effective supplement. In addition to fish oil, it contains Black currant seed oil, an omega 6 fatty acid, which delivers even more anti-inflammatory activity.

I formulated **Ultra Vites** to be high in B-Vitamins, and to contain important minerals, such as Selenium and Zinc in a bioavailable form. When infections are part of the problem, Ultra Vites is part of the solution.

PhytoBiotic is an Endobiogenic Concept™ Formula. It contains vitamins, minerals, amino acids and a proprietary blend of herbs that may be useful for immune support, antimicrobial support and parasites. **PhytoBiotic spray** may be sprayed on any affected skin area 2 or 3 times per day.

Yucca is an excellent substitute for NSAIDs to relieve aches and pains. Like NSAIDs, Yucca is a very effective anti-inflammatory.

After a course of antibiotic treatment, Ultra 4x6 Probiotic should be used to restore normal flora in the GI tract. It inhibits the growth of many pathogenic microorganisms and helps maintain normal flora.

Spirulina (the Spirulina reference library: <http://spirulinaresource.com/library.html>)

Another very important recommendation is Spirulina. It is an important food source of natural amino acids, anti oxidants and phyto nutrients. If you visit the library, the first grouping of studies covers anti-viral activity. The second one covers anti-cancer studies.

The Importance of Vitamin C

Vitamin C (ascorbic acid) promotes tissue healing and integrity, enhances immune function, has an antihistamine effect, an antiviral and antibacterial effect. Vitamin C is extremely important in wound healing and immune function. **Ultra C-1000** contains 1000 mg specially coated (stomach friendly) Vitamin C, plus 100 mg of the bioflavonoid, Rutin. Rutin is a flavonol glycoside composed of quercetin and rutinose. It has antioxidant, anti-inflammatory, anti-carcinogenic, anti-thrombotic, cytoprotective and vaso-protective activities. **Ultra-Chew C** contains 350 mg of the same coated vitamin C, plus 50 mg Rutin. The Xylitol sweetener is tooth-friendly.

The Importance of Vitamin A

Vitamin A promotes healing and integrity of mucus membranes. Beta carotene does not deliver the same results. Vitamin A can be teratogenic, therefore it should be limited to 4500 IU per day from all sources for women who are or might become pregnant

OTHER PROBLEMS AND SOLUTIONS



- d-Mannose is a very effective for bladder infections
- For Sore throats: S-T Aroma Spritzer is helpful.
- L-Lysine at 1500 mg three times per day has been used for herpes.
- For skin infections, Dermacalm with monolaurin is quieting
- Dermaclear lotion & Dermaclear capsules have been formulated for Acne
- BladrEase is an Endobiogenic Concept™ Formula for Bladder infections