



Protocols for Vibrant Immunity

Take the driver's seat for YOUR health!

Every person has the ability to self-heal and also has the gift of helping others to heal. In order for you to completely heal yourself and experience vibrant health, you need to turn on your self-healing ability exactly like the long-living cultures. You need a source of: A) awareness about causes of ill-health B) hope and inspiration and C) proven tools and protocols.

Since 2004, using the least steps and capsules, these protocols have been proven in over tens of thousands of patients and in 100's of clinics. What resulted was astounding - over 85% of some of the most difficult conditions cleared! Our experience has proven to us that most unhealthy conditions come from imbalances in 5 areas. In this series, we bring to you straightforward protocols that will help you optimize these 5 areas namely: 1) heart/mind stress, 2) body oxygenation, 3) hormones, 4) nutrition and 5) detoxification. For the body to maximally self-heal and regenerate, these areas need to be "optimal" instead of just "normal".

To help transform humanity in its current health crisis, MDPrescriptives (MD) has the mission of teaching both patients and health care providers "Regenerative Protocols That Work!". We ask you to try them, and as you begin to thrive again, spread the word. All of us here on the MD team send you pure love and bright light as you regenerate yourselves!

What Causes Low Immunity?

Did you know that any imbalance in the body creates immune dysfunction? For example, whether you have anxiety, muscle cramps, or just some indigestion, the immune system is negatively impacted.

It is rather easy to get lost in the myriad of causes that can be found for individual immune issues. The most common predisposing factors are the Chronic Stress Response, adrenal insufficiency, gastric issues, poor nutrition, low oxygen states and exposure to man-made toxins such as WiFi, 5G, and GMO foods.

The most common triggers that bring immune dysfunction symptoms to the surface are acute stress and anxiety. These create a disturbed pattern in the nervous system, which can be measured by Heart Rate Variability (Page 9). As 70% of the nervous system resides in the gut, as well as 70% of all immune cells, acute stress and anxiety translate directly into a compromised immune system. The end result includes chronic gastric inflammation, leaky gut (loss of mucosal integrity) and immune weakness, which can present as acute infections, recurrent infections, chronic infections, autoimmunity and over time even cancer.*

*Ultimately, the causes lie in imbalances
in each area of the 5-point model system.*

For more information see <https://tinyurl.com/healthyGI>

No matter the question...

nature is the answer.



Is our Protocol For Vibrant Immunity for You?

**Do you want to
strengthen your
Immune System?**

You can improve your Immune System in 30 days by starting with our time-tested Immune Protocols.

These protocols have been effective in reversing compromised immune conditions and promoting optimal immunity in over 80% of people in 30 days including people with:*

- Seasonal bouts of low immunity
- Head, Sinus and Chest congestion
- Sore throat with or without cough
- Long term fatigue
- Delicate gut conditions
- Poor or slow healing times
- Unhealthy skin conditions
- Excessive immune reactions

Even if you do not have specific immune stresses we recommend the Bare Essential Bio-Silver Immune Boost or Basic Immune Protocol (page 6-8) to everyone.

Always discuss any protocols with your own health care practitioner.

Let's Get Started!

Bare Essential Immune Boost*

Make Time to Belly Breathe (page13) and do a Affirmation for Vibrant Immunity:

"I am thankful that my immune system is getting healthier every moment!"

1. Rose C MD™ (with Zinc) - 1 capsule with meals 3 times a day

- Vitamin C has critical immune roles, which are fortified by Rosehip extracts.*
Zinc is known to immunologists as the "Gatekeeper" to immune function.

2. MD's Vitamin D3- 1 capsule twice a day. Follow serum levels.

- Vitamin D3 is critical for immune functions. Vitamin D3 levels are insufficient in up to 40% of American adults and in approx. 61% of our children.*

3. Bioactive Silver - Either **Argentyn 23™** or **Sovereign Silver™** Dosage on page 7.



Bioactive silver is essential to any Immune Protocol*

Silver in this particle size will not cause Argyria

Bioactive silver may: (a) promote production levels of healthy white blood cells, (b) stimulate beneficial performance in your white blood cells, and (c) support regenerative healing. There are two forms:
1) **Argentyn 23™** and 2) **Sovereign Silver™**. Either is effective.*

Daily Dose for *Bare Essential Immune Boost*:

Argentyn 23™: Take 15 sprays or 1/2 teaspoon under the tongue 15 minutes before breakfast and dinner.* OR

Sovereign Silver™: Same as above with all 3 meals: breakfast, lunch and dinner.

Always take silver on an empty stomach, 15 minutes before eating and wait for 3 hours after meals to resume taking Silver.



For children Age 5-12 use 1/2 of dose. If all symptoms do not resolve and for children 4 and under, please contact your healthcare provider.

Basic Immune Protocol

for comprehensive protection

ADD the following to *Bare Essential Immune Boosters*:

1. **Daily 2 DR™** - 1 capsule at breakfast and 1 capsule at lunch. Only take with large meals and never at night.
 - Micronutrient optimization is essential in maintaining immunocompetence and deficits may critically impair host defense.
2. **PureBiotic™** - 1 capsule 3 times a day OR **Kashaya™** Therapeutic Non-Dairy Probiotic Yogurt with activated living cultures- 2 tablespoons daily.
 - Probiotics may promote activation of healthy first tier white blood cells.



OR



Your doctor may recommend the following
Advanced Immune Protocol:*
for acute respiratory stresses

Increase Bare Essential dose for Bioactive Silver and Vitamin D3 as follows:

- 1. Advanced bioactive silver dose** (always taken on an empty stomach) -
 - For Argentyn 23™, Take 1 teaspoon every 20 minutes. As wellness starts to return, reduce to 1 teaspoon every 30 minutes, then as wellness improves even more, reduce to 1 teaspoon every hour. Over 10 days, slowly reduce dose until you are back at 1/2 teaspoon twice daily.*
 - *For Sovereign Silver™ use double the dose.*
- 2. Advanced Vitamin D dose** - Take 10 capsules MD's Vitamin D3 on Day 1, then reduce by 2 capsules each day until you are back at 1 to 2 capsules a day.

and **ADD** the following for **critical lung support:***

- 3. NAC MD™ (with melatonin & selenium)** - 1-2 capsules with all three meals.
- 4. Omega MD™** - 1-2 enteric coated capsules with all three meals.



For sustained self-healing, it is vital to address causal factors by optimizing the 5 areas as described in the following pages. This is a 90-day program, so master one area every 2 weeks.

Mind/ Heart

Calm the mind through the heart's joy: **Laugh and Play**

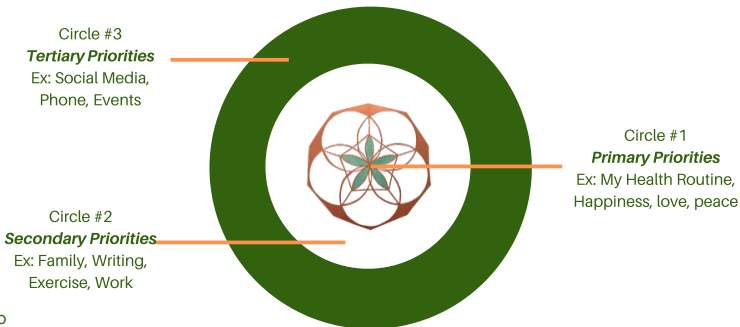
The hyperactive nervous system 1) depletes hormones and nutrients that are critical to immune function and 2) increases inflammation in the lining of the gut, which is home to over 70% of the immune system. So, it is critical to calm the nervous system for optimal immune function.

There are two proven methods that successfully reduce conscious and subconscious stressors.

Reduce Conscious Stressors: **Simplify Life by My Priorities Exercise**

Decreasing commitments is key to reversing any condition. Draw three concentric circles.

The middle circle is #1 Priority, which is **Your Health Routine**. List your secondary and tertiary priorities (like associations and activities) in Circle #2 and #3. For 90 days, cut out all commitments in #3 and reduce commitments in #2. Let your tribe know that you are focused on getting **golden**, so you can excel in your duties long-term. Focus on #1. Make a daily schedule with time for #1.



Transform Sub-Conscious Stressors: Flip the Emotional Switch with Heart-Math

You cannot change the fact that a hurricane is upon you. You can alter the **Chronic Stress Response** and the way in which it affects your body and depletes key hormones and nutrients. This is done by transforming the emotions in your heart into a coherent rhythm:
calm heart = calm mind = optimal immune function.

Practice Quick Coherence Technique 5 minutes in the AM and PM:

You can convert your heart's rhythm to a coherent pattern in less than 60 seconds. Close your eyes. Breathe slowly, imagine the air enter into your heart and out of your heart. Virtually recreate the feeling of an experience that gives you pure joy. What does it look like? Sound like? Smell like? Taste like? Feel like? It's a virtual reality of the joyful experience. Continue to breathe in and out of your heart as you stay there virtually and feel calmness and joy. Effects last for hours.

A Coherent Rhythm Reduces Gastric Symptoms



You can observe your pattern with an App www.heartmath.com/innerbalance
Aim for a coherent heart rhythm.

Believe in YOU.





Body

Optimize oxygenation to the body

Oxygen makes up 68% of the elements in your body. It is well established that the oxygen reaching your micro-vessels is vital to each organ's function and especially immune function, as infections and cancer thrive in low oxygen states. You can increase the oxygen flow to all of your organs immediately using any of the below techniques.

1. Repeat your affirmation with deep breathing.
2. Simply breathe consciously, so that the length of inhale matches the exhale
3. Twist your body from side to side along the spine (standing or sitting position).
4. Take a daily walk outdoors, belly breathing and swinging your arms.
5. Practice "Belly Breathing" in a sitting or lying position, close your eyes. Place a hand over your abdomen and one hand on your chest. Inhale through your nose for 4 seconds. Feel your hand rise as your belly expands, not your chest. Hold your breath for 2 seconds. Exhale slowly through your mouth for 6 seconds. Repeat for 5-15 minutes.
6. Explore Exercise With Oxygen Therapy (EWOT), which can accelerate oxygenation 6 fold. See Promolife.com

Observe and enjoy how you feel differently.



Breathe In

Breathe Out



Hormones

Optimize the Adrenal / Thyroid / Insulin Hormones

Did you know that hormonal depletion is a major contributor to immune dysfunction? **For example, low adrenal and thyroid function are almost always present in people with failing immune systems and severe health complications.** These hormones activate all your immune cells, so optimizing hormone function is key to your immune system.

Steps you can take include:

1. Lower the speed of your engine, which depletes critical hormones and nutrients. Reduce Commitments and Simplify Life with My Priorities Exercise (Page 10).
2. You can activate your existing hormones with:
 - Essentials 5 in 1 DR™ (2 capsules at breakfast and 2 capsules at lunch) or Daily 2 DR™ at half that dose. Only take with large meals and never at night (due to the high dose B vitamins). These specifically have the doses needed for thyroid, insulin and adrenal activation.
 - Start a proven herbal support for the adrenals: Adrenal Forte™ 2-4 caps before 2 PM.
 - Start bio-identical MD's Pregnenolone 50-100 mg and MD's DHEA 25-50 mg, divided between AM and Noon. Best dosing is determined by measuring your blood levels.
 - Start MD's Melatonin SL or oral 3-9 mg every night.
3. Find a Health Care Practitioner who will work with you to "optimize" hormones. Often lab tests will come back in the "normal range", but not necessarily in the "optimal range", which is defined in the 75th percentile of the normal range. Always aim for optimal!

Nutrients

Optimize your Nutritional Status

Thousands of studies prove that optimal levels of Vitamin D, Vitamin C, Vitamin E, Vitamin A, Zinc, Selenium, and Magnesium are critical to immune function and to every immune cell. Nutritional depletion of our soil and food have lead to a general state of nutritional deficiency, which must be corrected for optimal immunity.

Steps you can take include:

1. Choose organic food, as they have 30-40% more nutrients.
2. Eat the Balanced Plate Ratio at every meal of 50% vegetables, 25% lean protein, 25% complex carbohydrates, 25% raw.
3. Eat Regenerative Foods daily, such as pressed juices, sprouted seeds, Blue-Green Algae and fermented foods (like **Kashaya™** Non-Dairy Yogurt, unpasteurized fermented vegetables like sauerkraut or kimchi),
4. When using supplements, make sure the toxic junk is out. Avoid all dyes, preservatives, fillers, magnesium stearate and vegetable stearate.
5. Measure your nutritional status with **Spectracell™** blood test annually. Optimize to 75th percentile.

For those with severe immune dysfunction: ask your doctor about Intravenous Nutrient Infusions (like Myer's with B and C -vitamins).

Veggies



Complex Carbs

Protein



Detoxification

Toxic build up in the body is a primary cause of declining health and immune dysfunction worldwide. Man has added 100,000 toxins to our environment, which the body needs to handle to remain vibrant.

The body's normal mechanisms include **primarily** flushing with water and optimally functioning liver, gallbladder, skin, kidneys and lymphatics. The bowels must move at least twice daily. Most importantly we depend on a healthy microbiome inside and outside, which is disrupted by GMO foods and WiFi.

Steps you can take:

1. Drink 100 ounces filtered water daily with Pink Salt and Lemon.
 - Prepare 100 ounces of water in 3 glass containers with PRL Pink Salt (to taste) and 1-2 lemons. Honey or stevia can be added if needed.
 - Drink 1 container by 12 noon, 1 by 3 PM and 1 by 6 PM.
2. Correct the gut microbiome with Purebiotic™ or fermented foods like Kashaya™ Non-Dairy yogurt and unpasteurized sauerkraut.*



You got this.

Steps you can take continued:

3. Do the *Sunrise Walk* for 30 minutes daily.
4. Ground your feet to the earth and belly breathe 5 minutes daily.
5. Decrease WiFi, cell phones, computers and SMART meters.
6. Implement Bioenergetic Protocols at <https://www.mdprescriptives.com/collections/emf-protection>
7. Check morning urine pH is >6.7 where all cell function is optimal. If it is below this, increase water, **PRL Pink Salt**, **PRL pH Minerals** or greens.



For a full detoxification protocol and videos follow the link on www.mdprescriptives.com.



MD
Prescriptives™

These protocols have been developed and clinically tested in thousands of patients over 16 years. Brought to you by your Healthcare Practitioner.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

For More Information, Visit www.mdprescriptives.com

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