

**SUPPLEMENTS & HEALTH RECOMMENDATIONS from
Dr Sherie WEBINAR**

Ph to alkalize; take Tri alkali power at night (pure encapsulations) or Alkalime from Young Living

Download a food PH graph and eat on the more alkaline side of the chart.

<https://chartde.blogspot.com/2017/07/acid-alkaline-food-chart.html>

Anti-inflammatory/ Autoimmune Diet/ or atleast more Paleo Diet

See the information in IFM covid Botanicals & Nutraceuticals Sheets

Sheet 1:

<http://www.thetotalwellnessdoc.com/wp-content/uploads/2021/02/IFM-covid-Botanicals-Nutraceuticals.jpg>

Sheet 2:

<http://www.thetotalwellnessdoc.com/wp-content/uploads/2021/02/IMF-covid-botanicals-nutraceuticals.jpg>

Young Living Supplements with many of these nutrients in them:

NingXia Red

* Immunpro

Multigreens

Agilease

Mineral Essence

JuvaPower

Master Formula

NingXia Nitro

Super D and Super C

Cytokine storm resolution SPM active (Metagenics) or
SPM Supreme(Designs for health)

Glutathione my all-time favorite is Trizomal Glutathione (Apex).

Dr Mary's favorites Drink your NingXia REd and Sulfurzyme to help your body's levels of Glutathione

Brain support: Neuro flam & (Apex) polyphenols that cross the blood bran and Brain DHA (Apex).

NT Factors (allergy research) Phosphatidyl serine plus others that help the hippocampus and cell membranes

Dr Mary's Favorite's for Brain support: 1 drop Frankincense vitality to the roof of the mouth 3 times daily ,

Mental clarity: inhale 1 drop several times a day Cedarwood or Frankincense, Brain Power, Geneyus essential oils. Also use 1 drop topically on forehead, under nose, and upper neck in hairline (occipital area)

More Dr Sherry Recommendations

NAC & ADKE Evail(designs for health)

Powered Glutathione for nebulizing (reduced glutathione power)
Cardiovascular research

* all supplements above can be purchased on Fullscripts except Young Living products: <https://us.fullscript.com/welcome/drv>

Order Young Lliving at www.orderoils.com

Wei lab COVID herbal protocols / contact Colton 612 8089235 -ask for patient discount!d

Medication: Ivermectin this is a Rx -can get at local pharmacies or a compounding pharmacy (Hopkinton Drug)

Young Living Essential oils :

Thieves Vitality by mouth (hot oil gargle or swish and swallow)

Thieves Vitality in Capsules followed by Oregano Vitality capsule several times throughout the day ... (follow with light food for sensitive stomachs)

Essential oils along the spine. Use a carrier oil of coconut oil first then layer 4-6 drops of Immunpower or Thieves

Peppermint inhalation or Steam Inhalation with Peppermint, Eucalyptus, Breath Again or RC frequently of diffuse these oils in a nebulizing no water diffuser or water diffuser throughout the day

[AromaDome](#) tent usage is helpful too

Thieves and or Immunpower along the spine

Raindrop Essential oils technique for the spine and feet and chest daily if not 2 times a day.

Take Immunpro before bed

Use Lavender, Cedarwood, Inhalation oils before bed

Need help with getting the right oils for you. Text Dr Mary at 315-239-4232 and let us help you. Also order essential oils on line

www.orderoils.com

OTHER RECOMMENDATIONS BY DR SHERIE

Breathing Exercises: Wim Hoff you tube

Heart Math

Strengthening the vagal response: book by Stanley Rosenberg ‘Accessing the healing power of the Vagus Nerve’

Check homes for Mold: As noted in the class

Mold Plates Immunolytics 505 -2170339 plates are \$3 each Analysis by the lab \$33

LAB TESTING : Contact Dr Sherie for a Consult and Testing
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Mycotoxin urine test - Great plain lab – need to contact me for the test

Stool tests Gi Map (diagnostic Solutions) Gi effects stool test (Genova)

Hormone balance

