

# WHAT'S THE PROTOCOL?

Smart Questioning



Disclaimer: These statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, prescribe for, treat nor claim to prevent, mitigate or cure any human disease. Information provided by Brooke (or representatives)/Connection 2 Health LLC are intended for nutritional/lifestyle support. General suggestions are for information purposes only and Individuals vary, which is why we must always consider the whole person when recommending a course of action. Specific disease terms are based upon medical literature and is not a substitute for medical advice. If you suspect a medical condition, consult a physician.

You've heard that zinc, Vitamin D, C, NAC and Quercetin is all the buzz for the immune system when it comes to COVID, but what if there were a needed change after all this time? Have you been on zinc for longer than three months?

I believe in change with the seasons as well as following a custom plan as directed by one's individual needs. There should not be a cookie cutter approach when it comes to nutrition.

As a consumer, you might have questions like "how long should I be on a supplement/protocol?", "what are the risks or side effects of being on a supplement I may not need?", and "what are ways I can find out what MY actual nutritional needs are?" and "how can I rotate my supplement plan to create balance seasonally?".

I would love to help you identify what YOUR needs are and what is and is not working for you. I also delight in saving people money. Obtaining what you really need is always a blessing to the pocket book – whether that be prevention, preservation or correction of health status over time or an immediate savings!

Zinc is not intended to be take long-term. It can off set the delicate balance needed to maintain health.

Call now to set an appointment to begin a health protocol that's tailored to your unique needs.

HEATHER  
HOLISTICS  
Naturopathic  
Clinic

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Did you know that some people don't do as well taking Vitamin C as others and it can actually cause more damage than good? It can be irritating to tissues (as any antioxidant can be in excess). Some people, with certain metabolisms, do better with CoQ10 and/or Vitamin E. Take a look at chemical isolates verses professional grade whole food supplements:

NAC (N-acetyl-L-cysteine) (for lung issues) verses Emphaplex:

NAC is a derivative of an amino acid that is a precursor to the metabolic enzyme production of glutathione. It is important to have a balance of all amino acids (AA's). If you research any of the 20+ AA's, you will see that they all have amazing health benefits. A branch of alternative medicine that addresses anything from pain to depression and anxiety is a method called Targeted Amino Acid Therapy. It has drug-like effects (but at least from natural substances). This is a form of Orthomolecular Medicine (OM) – basically meaning the use of high dosage supplementation. This is the approach most everyone subscribes to when self-supplementing (unknowingly). While relatively safe, NAC should not be taken by those that have a tendency to form kidney and gall bladder stones. NAC may be contraindicated for Diabetics as it can inactivate insulin or change insulin activity.

Orthomolecular Medicine (OM) – basically meaning the use of high dosage supplementation. This is the approach most everyone subscribes to when self-supplementing (unknowingly). OM has side effects and causes imbalances. On the contrary, whole-food supplementation maintains nature's balance.

If you are someone that has had cold sores, for example, you may take Lysine (an Amino Acid) to keep the herpes virus at bay. This is OM. The root of the issue, however, is not the virus and an anti-viral is not the *true* cure. Rather, correcting a calcium and essential fatty acid deficiency is. Correcting the root of the issue is in alignment with the Terrain Theory.

THERE IS A NUTRITIONAL COMPONENT TO EVERY CONDITION!

Terrain Theory is the one of two philosophies stemming from the 19th century. However, the prominent philosophy that serves the pharmaceutical companies better is called the Germ Theory which is the belief that microbes are the primary cause of disease (rather than an imbalance in the terrain being the cause).

When it comes to lung infections or congestion, you could choose NAC as a source of an antioxidant. Emphaplex, on the other hand, contains fenugreek, an herb that expels mucus very effectively and also contains a specialized therapeutic action called PMG Therapy. This is a whole food based supplement. The body uses all of the nutrients (rather than a fraction of a supplement that is chemically based). Do you see the benefit of supporting the terrain over a quick fix that does not address root issues but works only by means of symptomatic relief?

Emphaplex®

Introduced in 1969



Emphaplex supports the respiratory system.\*

- Supports the body's natural ability to expel respiratory secretions
- Supports cellular energy
- Supports central nervous system function

Contains a combination of key ingredients from [Catalyn](#), [Drenamin](#), [Pneumotrophin PMG](#), [Phosfood Liquid](#), and [Protefood](#)

- Excellent source of vitamin A, riboflavin, niacin and vitamin B<sub>6</sub>
- Good source of vitamin D\*

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## Nutrients & Ingredients

Each Serving Size (2 capsules) contains: 5 Calories, <5 mg Cholesterol, 390 mcg RAE Vitamin A, 6 mg Vitamin C, 2.6 mcg Vitamin D, .1 mg Thiamine, .5 mg Riboflavin, 4.2 mg Niacin, .3 mg Vitamin B<sub>6</sub>, 20 mg Choline, 10 mg Sodium. Proprietary Blend 1,210 mg: Fenugreek (seed), defatted wheat germ, oat flour, soy protein, bovine adrenal, bovine bone, veal bone, bovine lung PMG™ extract, bovine liver, nutritional yeast, organic carrot, arrowroot flour, okra (fruit), bovine adrenal PMG™ extract, porcine stomach, organic alfalfa (aerial parts) juice powder, ribonucleic acid, calcium lactate, organic buckwheat (aerial parts) juice powder, organic buckwheat flour, phosphoric acid, organic sweet potato, DL-methionine, bovine spleen, ovine spleen, L-lysine, glutamic acid, d-alpha tocopherol (vitamin E sunflower), organic shiitake mushroom powder, organic reishi mushroom powder, rice bran, sunflower lecithin powder, porcine brain, and inositol. Other Ingredients: Gelatin, choline bitartrate, water, ascorbic acid, niacinamide, starch, vitamin A palmitate, cholecalciferol, riboflavin, sucrose, pyridoxine hydrochloride, calcium stearate, and thiamine hydrochloride.

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## Whole Food Nutrient Solutions

Since 1929, Standard Process has been the visionary leader in whole food nutrient solutions. We apply systems thinking to holistic nutrition that empowers practitioners to transform lives. Dedicated to the whole food philosophy of our founder, Dr. Royal Lee, our goal is to carry on his mission to provide nutrients for the body that are as close as possible to how they are found in nature.

Our products include foods that are prepared in a way that safeguards their nutritional value. The majority of these ingredients are grown locally on our certified organic farm and may require chopping, dicing, juicing and/or drying for use in our products. The resulting whole food ingredients are then added to a formula that may include whole food extracts, animal tissue extracts and concentrates, botanicals, whole food isolates and synthetic ingredients. These highly complex combinations contain a variety of elements designed to trigger trophic effects that support the body's healthy balance and wellness.\*

## Articles to propel your health in a better direction!

### COVID Protocol

Typically advised/advertised VS. What I Believe to be a Superior Protocol:

Zinc	Livaplex is a great source of zinc and helps improve liver function as well. You may also choose Zinc Chelate at first then make the switch to a long-term supplementation of Livaplex or whatever is recommended for you specifically. You can learn what your weak areas are by completing a Symptom Survey Form (contact us).
Vitamin D	Liver and Cod Liver Oil have traditionally provided a great source of Vitamin D. Cod Liver Oil is also a great source of Omega 3's that address inflammation.
Quercetin	Antioxidants in whole foods provide the phytonutrients, enzymes and an array of balanced nutrition along with usable and balanced antioxidants. If you are looking to increase antioxidant activity <i>and</i> boost general nutritional status, Cellular Vitality is a good option. Need support for the eyes? OPT contains bilberry as an antioxidant that is specific to the eyes. There are many options of therapeutic combinations for individual needs.
Vitamin C	Cataplex AC is a more balanced option that contains vitamin A, also important for the immune system. See infographic: <b>Empty Shell</b>
NAC	Emphaplex was previously discussed.
Ivermectin	Instead of using an antibiotic for a viral infection and risking an imbalance in the gut microbiome, why not take an antiviral; Viranon

You can see the multi-targeted approach with the protocol on the right versus a single focus on the left. The great news is you can purchase all of these supplements (all but the Viranon) through **my dispensary** without having to pay for a consultation. Herbs require a consultation to check for contraindications. You can also call us and we make it really simple for you get the care or supplementation you need.

We deliver! Mini assessments are just \$60.

NOTE: At first sign of any symptoms, begin with Andrographis Complex. This is what is being used in Japan with great success and has always been the herbal first line of defense for colds and flues. Reach out for a mini assessment over the phone for personalized recommendations.

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