

The Four Stages of Infection

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Stage 1: EXPOSURE	Stage 2: Infection
<p>Mucosal Immunity</p> <ul style="list-style-type: none">• Zinc: 30 mg/d• DHEA: 15 to 50 mg/d to maintain youthful serum DHEAS levels <p>Immune Competence:</p> <ul style="list-style-type: none">• Highly Varied Natural Food Diet devoid of sugar• Vitamin D: 5,000 to 10,000 iu/day M-F• Medicinal Mushroom concentrates: 1-2 g/d. Double at first sign• Selenium: 200 mcg on Sunday• Melatonin: 2-6 mg/before bed	<p>Immune Response:</p> <ul style="list-style-type: none">• DHEA,• Medicinal mushrooms, Beta glucan• Vitamin D, zinc,• Quercetin: 1 to 3 g/d,• Vitamin A (as palmitate) 10,000 to 25,000 iu/d M-F <p>Sequestering free iron:</p> <ul style="list-style-type: none">• IP-6: 1-2 g/d <p>Clotting issues:</p> <ul style="list-style-type: none">• Fish Oil: EPA, 900 mg/d
Stage 3: Escalating Infection	Stage 4: Recovery / Repair
<p>Excessive inflammation / Cytokine Storm</p> <ul style="list-style-type: none">• Curcumin: 300 mg to 2 g/d• Plant-based anti-inflammatories: Scutellaria bicalensis acacia catechu Morus alba Boswellia serrata• Resveratrol: 125 to 250 mg/d• Fish oil• DHEA• Vitamin D	<ul style="list-style-type: none">• DHEA• Sleep• Stress management• Exercise• HVNFD devoid of sugar