



CDA Acupuncture  
— and —  
Holistic Healing

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### Dr. Toby's Viral/Immune Support

There are currently no nutrients, botanicals, vaccines, pills, lozenges or other prescription or over the counter products available to prevent, treat or cure COVID-19 specifically. However, one of the core principles of naturopathic medicine is *vis medicatrix naturae* – support the innate healing ability of the body. The following supplement list includes supplements Dr. Toby is using to support the immune system at various stages of viral infection. For more information about these supplements, and how they work, please read through Dr. Toby's blog at [CDAhealing.com](http://CDAhealing.com) or schedule time to discuss your unique health care needs with Dr. Toby. He is currently offering Tele-medicine support.

- Vitamin D3 5,000 IU with K2 daily
- Aller-c (Quercetin/vitamin C) – 2 caps daily
- Liposomal Cat's Claw with Monolaurin – 2 sprays 2 to 3 x day
- N-acetyl-cysteine – 600mg to 900mg – 2 to 3 times a day, between meals
- Melatonin – 3mg to 6mg before bed
- Alpha Lipoic Acid – 600 mg twice a day
- Resveratrol 200 mg – once or twice daily
- Zinc 30 mg daily, Selenium 200 + mg daily
- Consider liposomal vitamin C – 1g 2 to 3 times daily
- Drink Green Tea, pomegranate juice and increase dietary antioxidants throughout the day.
- Consider other antiviral support like elderberry, andrographis, berberine, and nigella sativa (Black Cumin Seed Oil) and customized Chinese herbal medicine, based on what stage viral infection one is experiencing.
- Keep dietary Sugars intake down as much as possible
- Rest and Sleep
- Only bring down a fever if necessary (a fever helps you fight the virus), use Wet Sock Hydrotherapy to boost your immune system.
- As the weather improves, go outside into nature and go for walks as you are able to. Being in nature has been shown to increase your white blood cells and improve your immune system. this will also greatly help you deal with the stress of the times.