

ROTATIONAL ANTI-VIRUS PROGRAM

The reason for changing what you take every two days is because all the viruses created in a lab (Corona viruses) adapt to the environment quickly. By changing what you do frequently, your Immune system attacks the viruses before they have a chance to adapt. To date, this has been 100% successful.

THE ONLY WAY TO FIGHT A VIRUS, WHETHER MAN-MADE GERM WARFARE OR NATURAL, IS WITH YOUR OWN IMMUNE SYSTEM! HERD IMMUNITY? NONSENSE! EVERY MEMBER OF THE HERD ALREADY HAS AN IMMUNE SYSTEM! JUST SUPPORT IT!

1-1-1-0 Means 1 capsule at Breakfast, Lunch and Dinner and none at bedtime.
The first number in a line is the stock number.

Change every two days for 3 rotations. Use the first pair, then the second pair, then the third pair and rotate back to pair one, etc. for three complete rotations.

937 VS-C 1-1-1-0 Meaning 1 capsule at Breakfast, Lunch and Dinner and none at bedtime
4278 Silver Shield - Gargle and Eye rinse as needed, Internal 1 Tbsp. twice daily.

40 Astragalus 1-1-1-0
292 Garlic, Hi-Potency 1-1-1-0

1839 Immune Stimulator 1-1-1-0
340 Golden Seal (Not if you have a ragweed allergy) 1-1-1-0

Throughout the time diffuse the oil of your choice

3889 Ultrasonic Diffuser
 3879 Breath Deep
 3844 Eucalyptus
 3898 Cinnamon
 3870 Lemongrass

288 Feverfew if needed for fever 1-1-1-1
300 Ginger if needed for nausea. Can make a tea and sip if need be.

MUCOUS CLEARING PROGRAM

460 Mullein 2-2-2-0 to loosen the phlegm until clear -
430 Lobelia 1-1-1-0 if needed to increase the rate of clearing -
 If feeling nauseam, back off on the Lobelia until it passes
 and use Ginger to settle the nausea.

Remember, coughing is the way the Lungs clear. Keep it at a reasonable level but do not suppress it entirely. Suppressing a cough keeps the toxins in your system.

You can order items by noting the stock numbers and using this link:

<https://www.naturessunshine.com?referrer=9150&offer=NSP>