

PIH Virus Protocol Recommendations (including COVID-19)

Reduce risk, boost immune defense and repair abilities, and stay healthy.

Enhancing your immune system competence reduces risks associated with Coronavirus (COVID-19), or any other viral infection. The dozen personal recommendations below will help you boost your immune defense and repair system and protect your body from infection. Exposure is widespread; illness is not. Frequent hand washing and skin nourishment is recommended.

1. Stay well hydrated – Drink plenty of water and herbal beverages –1 gallon per day. I keep a glass and a carafe of water on my desk. When the glass is full, I drink it; when it is empty, I fill it.

2. Keep your 1st morning Urine pH between 6.5 and 7.5. Excess acid in cells prevents optimal cellular activity. You can learn much more about the benefits of being alkaline in [Joy in Living: The Alkaline Way](#).

3. Get enough quality, restorative sleep by following a sleep preparation plan. I suggest 30 minutes before bed taking a salt and soda bath (½ cup Epsom Salt & ½ cup baking soda) and practicing a relaxation response or active meditation like you would find at activemeditation.org. Stretch regularly. For me this includes stretching in bed before sleep, before getting out of bed on waking and in the shower.

4. Eat what you can digest, assimilate, and eliminate without immune burden. Hidden immune burdens hinder your immune system's defense and repair function. The LRA (lymphocyte response assay) by **ELISA/ACT**® tests your immune response to up to 500+ common foods, colors, preservatives, and chemicals. When you identify and eliminate immune burdens, you make your immune system better able to function optimally. To find a healthcare practitioner who offers the **LRA by ELISA/ACT** test, email ClientServices@ELISA/ACT.com or to order testing directly, visit www.BetterLabTestsNow.com.

5. Consider improving the air quality in your home or office with a room ionizer similar to those sold on molekule.com or bionaire.com.

In the 21st century, a healthy diet and lifestyle are no longer enough to optimize your immune function. Targeted supplementation is necessary. I developed the **PERQUE** brand of premium professional formulations to meet that need through the most advanced, highest quality, potent formulations.

6. Take enough L-ascorbate (based on your C cleanse/calibration results). L- ascorbate is an excellent antioxidant and a potent natural anti-viral, but *only* when it is 100% L-ascorbate, fully reduced and buffered as you find in [PERQUE Potent C Guard™](#) powder or tabsule.



7. [PERQUE MG Plus Guard™](#) and [PERQUE Choline Citrate™](#): taken together are a proven system for improving the amount of magnesium your body can absorb and use. Take 2 capsules + 1 teaspoon once or twice per day to keep first AM urine pH 6.5 – 7.5.
8. [PERQUE Life Guard™ mini](#) tabsules: 2-4/day (enough to keep your well hydrated urine sunshine yellow). This super-multi-vitamin/mineral provides a solid foundation of nutrients necessary for resilient health.
9. [PERQUE Zinc & Throat Guard Lozenges™](#): 1-3 lozenges/day or as needed. These fully soluble, synergistic nutrients help fight infection and provide maximum immune support. [Learn about assessing your zinc status.](#)
10. [PERQUE Repair Guard™](#) / [PERQUE Pain Guard Forte™](#): 4-12 tabsules/day. This potent flavonoid/flavonol combination of quercetin dihydrate and OPC works synergistically with L-ascorbate to activate cells responsible for repair.
11. [PERQUE K2 D3 Plus Guard™](#): 1 capsule/day and/or [PERQUE D3 Cell Guard™](#) 5-10 drops/day or sufficient to keep your D3 levels with the best outcome goal range of 50-80 ng/ml. Maintaining an adequate level of D3 supports a healthy immune system with enhanced viral protection especially from respiratory and intestinal infections.
12. [PERQUE Liva Guard Forte™](#): 1-2 softgels per day provides much needed liver detox support with milk thistle and additional antioxidant nutrients. Additionally, it is a good source of vitamin D. Daily Vitamin D intake should be enough to maintain healthy levels of 50-80 ng/ml. *Please check with your health professional if you are taking other Vitamin D supplements.*

PERQUE supplements are available only through licensed healthcare practitioners. To find a **PERQUE** Authorized Distributor in your area, contact **PERQUE** at 800.525.7372 or by email at ClientServices@PERQUE.com.

