

## DR. GORDY'S PROCEDURES FOR RESPIRATORY HEALTH DURING COLD & FLU SEASON

### ROUTINE FOR RESISTANCE:

1. Vitamin D 2,000-5,000 IU/day
2. Either sunbathing when sun is 35 degrees or higher in the sky, or tanning salon minimum twice a week (California Tan next to Big 5 Sporting goods is my favorite). Choose a bed with fluorescent-tube lamps that produces 3.5-10% UVB light. Get enough sun to slightly pink your skin at the time, or during the following 24 hours. At a tanning salon, start at 5 minutes and work up a minute a session to skin tolerance. Skin discomfort means you got too much. Adjust downward.
3. Sleep in a warm room or breathe through a ski mask
4. Vitamin C 1,000-3,000 mg/day
5. Avoid sweets unless the sweetness comes from fruit.
6. Chiropractic whenever there is musculoskeletal discomfort, and maybe pressure-point massage.

### ACUTE CARE, STARTING AT FIRST SYMPTOM (SNEEZE, STUFFY NOSE) OF ILLNESS

1. XLEAR nasal spray, 3 squirts per half hour in each nostril at various angles until problem abates; refill spray bottles with combination of ALKALOL herbal nasal wash with added xylitol. This may be all you need, but if symptoms persist or return or advance, work down the list.
2. Vitamin C 2,000-5,000/hour until bloating and gas; enough to stay gassy thereafter for minimum 3 days
3. Vitamin D 40,000-80,000 IU/day for 3 days
4. Squirt IMMUNE SUPPORT by Western Botanical Medicine onto tonsils and soft palate, 3 squirts each side and two in the middle once an hour until symptoms abate.
5. Eat an almost-vegan diet that is low in-arginine (avoid nuts and legumes). Fish (with fins and scales) is the only low-arginine high-lysine animal product that is okay to eat.
6. Take 2,000-3,000 mg of lysine, 3 times daily.
7. Get adjusted by a chiropractor.
8. Take doses of guaifenesin as needed to stop coughing and clear chest of heaviness. Guaifenesin is the OTC drug that made Robitussin famous. Today it is marketed as Robitussin and Tussin in liquid form, and in pill form as Mucinex and Chest Conjestion Relief. Don't let a respiratory infection get to your lungs. We can liver without sinuses and functional noses, but we can't live without lungs.
9. Zinc lozenges allowed to dissolve as slowly as possible in each cheek.

### ADDITIONAL IN THE CASE OF FLU

1. Working diagnosis: Abrupt onset of weakness or infection that goes from the nose to the chest in less than 24 hours (coughing)
2. Amantadine (\$20) or Tamiflu (\$130) taken within about 38 hours of symptom onset. I like Amantadine. Both are prescription, so you have to get to an MD quickly to start the drug within 48 hours. I get tired of trying to persuade MDs what to prescribe, so I order it on the internet. It comes from Canada or India, but in either event is manufactured in India. It works just as well as the stuff sold in the pharmacy. Typical response is feeling noticeably better in 3-5 hours, well in 5-7 days.