



GUARDING THE GATES: HOW TO BOOST DEFENSES FROM COMMON VIRUSES AND BACTERIAL INFECTIONS

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The Time is Now



“In the midst of every crisis, lies great opportunity.”

- Albert Einstein

HIGHLIGHTS

1. **Improve one's foundation of health and immune function**
2. **Support barrier function: mucous membranes and gut health**
3. **Nutrient support for before, during and after viral and bacterial infections**



FOUNDATION OF HEALTH IS MORE IMPORTANT THAN EVER

- Nutrient Density and Diversity
- Identify Food Sensitivities
- Blood Sugar Stabilization
- Hydration
- Sleep 7-8 Hours
- 12 Hour Fasting Window
- Stress Reduction
- Time in Nature
- Nurture Relationships
- Eliminate Toxins
- Exercise
- Laughter





- Colorful Fruits and Vegetables
- Garlic and Onions
- Fermented Foods
- Nuts and Seeds
- Green Tea
- Mushrooms
- Herbs and Spices

- Sugar
- Processed Foods
- Refined carbohydrates
- Sweetened drinks
- Alcohol

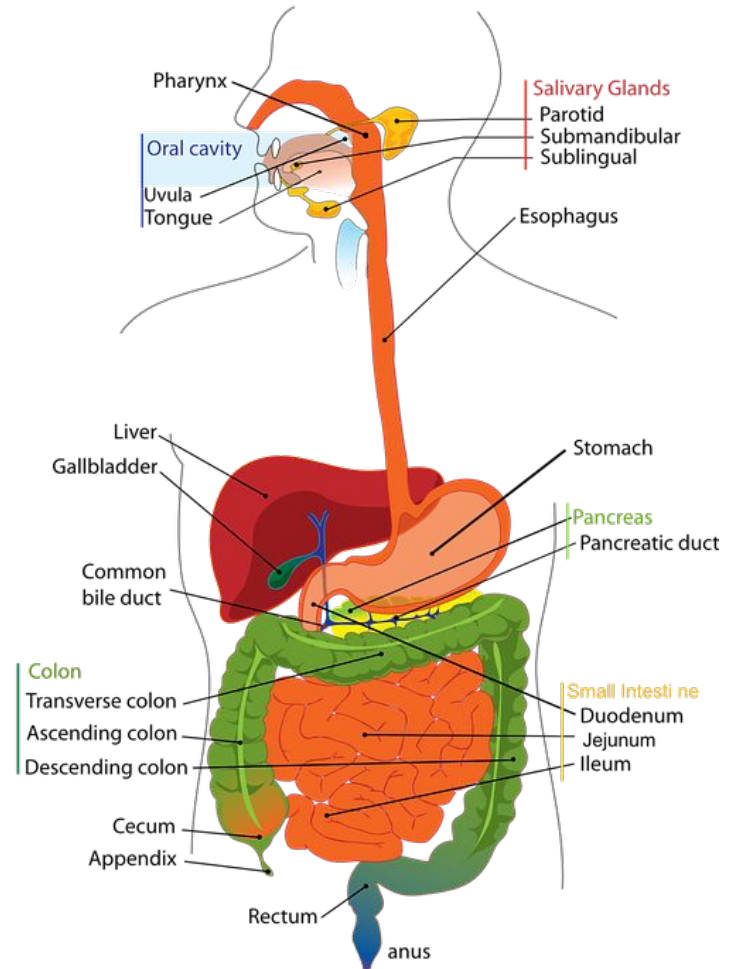


The Outside In: Guarding the Gates (Nose, Eyes, Mouth)

1. Hand Washing
2. Wearing a Mask
3. Social Distancing and Quarantining
4. Optimize Body's Defense and Response to Potential Invaders



- Tightening up defenses against viruses and bacteria
- Mucous membranes line entire digestive tract
- 30 feet of outside world on the inside
- Gut is home to a very large part of the immune system
- Proper digestion and elimination



- Hydrate
- Alkalinize
- Detoxify
- Probiotics/Prebiotics
- Fiber
- Vitamin A
- Vitamin C
- Zinc
- Selenium
- Collagen
- Glutamine
- Magnesium



NUTRIENT DEFICIENCIES

Check levels with your doctor and consult with your doctor before beginning any diet or supplement plan

- Vitamin D3 - Check levels
Optimum is 40-80 ng/ml
Supplement with 2000-5000 IU a day or more based on levels
- Zinc - 15 -30 mg a day; may have diminished taste and smell if deficient
- Selenium - 200 mcg
- Ferritin - Optimal stores at 40-70 ng/ml



BEFORE

- Plant Based Diet
- Elderberry 500 mg/day or 1 Tbs extract
- Zinc 5-15 mg/day
- Quercetin 1000 mg two times a day
- Vitamin A 5,000-10,000 IU/day
- Vitamin C 500-3000 mg, divided
- Vitamin D3 2000-5000 IU/day
- N-acetylcysteine (NAC) 600- 900 mg two times/day
- Green Tea - 4 cups or 2 mugs a day



DURING

- Vitamin C 5-10 grams a day divided to bowel tolerance
- NAC 600-900 mg two times a day
- Zinc 30-60 mg a day for 2-4 weeks
- Quercetin 1000 mg two times a day
- Green Tea 4 cups (2 mugs) a day *or* 225-500 mg of EGCG
- Resveratrol 100-150 mg/day 2x/day
- Curcumin or Turmeric 500-1000 mg 2X/day
- Sleep in a dark room; melatonin is anti-inflammatory
- Stop Vitamin D3 and Elderberry if any symptoms appear



OTHER SUPPORTIVE THERAPIES

- **Lemon Balm, Peppermint Tea, Licorice Root (not with high blood pressure)**
- **Astragalus, Andrographis tea, tincture, or capsule, Garlic**
- **Magnesium for sleep and body aches**
- **Melatonin for sleep & anti-inflammatory effects - start at low dose 0.3 mg**
- **Do not suppress a low grade fever**
- **Steam inhalation (thyme)**
- **Hot, hot, hot treatment**
- **Wet sock treatment**
- **Electrolyte Replacement**



AFTER

- Rest and Sleep
- Probiotics and/or probiotic rich foods
- Nutrient Dense, Colorful Diet
- Hydrate
- CoEnzyme Q10 60-100 mg/day for post-viral fatigue
- Astragalus tea, tincture, capsule
- Cordyceps - combats fatigue and weakness; enhance athletic performance, improve mental clarity



SUMMARY

1. **Foundation of health and immune function**
2. **Barrier function: mucous membranes and gut health**
3. **Nutrient support for before, during and after viral and bacterial infections**

***See Appendix at End**



Guarding the Gates:

How to Boost Defenses from Common
Viruses and Bacterial Infections

with Dr. Erica LePore



Questions & Answers



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PerfectⁱSupplements

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Thank you!

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21 DAY DETOX PLAN
WITH FOOD ALLERGY ELIMINATION DIET

www.21DayDetoxPlan.com

APPENDIX: Foundation of Health Action Items

LEVEL 1

1. 7-10 servings vegetables and fruits a day
(1 cup raw, 1/2 cup cooked)
3 vegetables for every 1 fruit. Eat a rainbow a day.
2. 64 ounces of water a day
3. Sleep 7-8 hours a night
4. Exercise 30 minutes a day outside
5. Call a friend or family member

LEVEL 2

1. 12 Hour Fast 5-7 days a week
2. Gluten and/or dairy elimination
3. Read ingredient lists & avoid added sugars



APPENDIX: Supporting Mucous Membranes and Gut Health

1. Avoid chemical additives and preservatives in foods (read labels and eat clean); avoid added sugars
2. Identify and avoid food sensitivities
3. Eat fiber rich foods daily or add in baobab, chia, and/or ground flaxseeds
4. Eat probiotic rich foods or supplement with a probiotic
5. Drink lemon water throughout day
6. Take a multivitamin and/or antioxidant formula
7. Supplement with collagen and glutamine for gut health (especially if you have food sensitivities or other digestive issues)
8. Take Magnesium every night before bed
9. Gargle with salt water or use nasal saline rinse
10. Sip on Slippery Elm tea for sore or dry throats

