

# Medicine Cabinet Must Haves

+ My Go-To Immune Boosting Protocol



Let's face it. If you're a parent, having a well-stocked first-aid kit is a must to tackle those inevitable bumps and bruises from child's play. And of course, it's natural that we all fall sick with a cold or flu from time to time so having the right remedies on hand and being prepared to help our immune system fight can help replace fear and overwhelm with empowerment and control over our family's health.

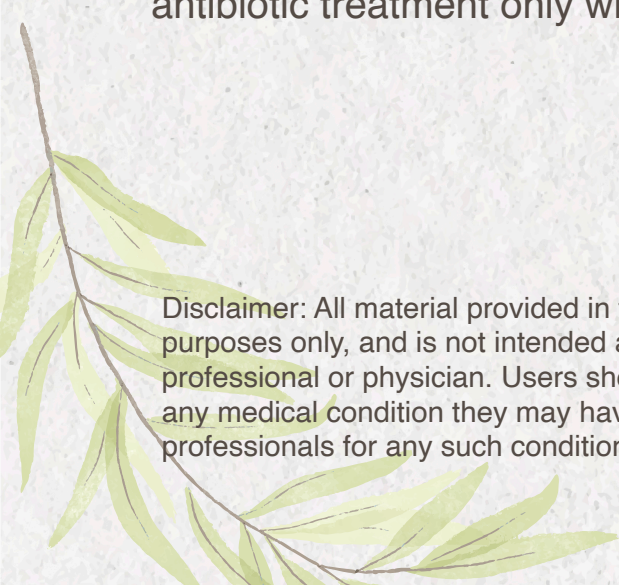
I personally prefer to use a combination of natural herbs, nutraceuticals and homeopathic remedies for my family and would like to share how I personally use them for various situations. And for sourcing convenience, I've added product links and discount codes [below](#).

### **A quick note about antibiotics...**

I believe antibiotics are absolutely life-saving – without a doubt. However, I also believe they are overly prescribed, and I often see the consequences of frequent antibiotic use in my private practice with clients. While antibiotics do kill bad bacteria, they also wipe out our good bacteria, which often leads to opportunistic yeast overgrowths and general dysbiosis – an imbalance in our gut microbiome. This is a topic I cover in depth in my Gut Health Masterclass inside my [B Better membership](#) if you'd like to learn more.

In fact, just one course of antibiotics disturbs the microbiome for more than a year on average. And some, like clindamycin and triple antibiotic therapy for *H. pylori* for example, can disrupt the commensal flora for up to 2 to 4 years!<sup>1,2</sup>

For this reason, I prefer to use my natural therapies first, and reserve antibiotic treatment only when absolutely necessary as a last resort.

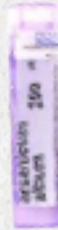


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# My Natural Medicine Cabinet Must-Haves



Arnica Montana 200c



Arsenicum Album 200c



Lachesis 200c



Rhus Tox & Rhuta Cream



Urtical Cream



Active Skin Repair  
Discount Code (BERN10)



Leafy Prana  
Discount Code (BERN15)



Kids Mullein Garlic Oil



Magnesium Oil



Silver Hydrosol



Magnesium Glycinate



A.D.P.

# My Natural Medicine Cabinet Must-Haves



Vitamin A



Vitamin D3+K2



Zinc



IAG



Vitamin C



GI Detox



Aloe Vera Plant



Sea or Himalayan Salt



Organic Turmeric



Flax Seed, Lemon & Honey



Red Light Therapy  
Discount Code (BERN15)



Digital Ear Thermometer

# Products I Use for Various Conditions

## Cuts & Scrapes:

- Active Skin Repair. I now use this instead of Neosporin and Polysporin antibiotic ointments since these contain petroleum and may lead to antibiotic resistance.

Active Skin Repair has HOCL - the same molecule our white blood cells produce in response to injury - which helps with the natural healing process. It comes in a spray and gel. I use both depending on the type of injury.

## Bumps, Bruises, Hits & Falls:

- Arnica Montana 200 C. Arnica is good for injuries that cause bruising, pain and inflammation. Note, I am not an expert in homeopathy, but I do consult with one for my family's needs.
- Red light therapy improves overall mitochondrial function and health; therefore it can also help reduce pain and inflammation.

If you recall in biology, every cell in our body has mitochondria. Our cells collectively make up our tissue, our tissue make up our organs, and our organs make up our systems and our very being.

Therefore, if you can improve mitochondrial function at a cellular level, you can essentially help a myriad of health conditions including pain and inflammation. Side note, I also use it daily for skin health and its anti-aging benefits & post-workout muscle recovery.

## Strains & Sprains:

- Rhus Tox & Ruta homeopathic cream

### **Rash & Minor Burns:**

- Aloe vera plant. I slice and peel an aloe vera leaf, scoop out the gel and apply it topically as needed.
- Urtical homeopathic cream
- Active Skin Repair

### **Ear pain:**

- If there's a possible ear infection brewing, I use silver hydrosol and systemic immune support\*. Using the dropper, I tilt their head sideways and squirt the silver hydrosol directly into my child's ear(s) several times per day.
- Garlic & Mullein oil is also very effective for earaches/infections.

### **Infected Hang Nails:**

- Salt & hot water (to tolerance) or "sole" – a saturated salt water solution. I stick the wound in hot salt water several times per day along with systemic immune support\* to fight off the infection.

### **Cat Bite:**

Cat bites can be nasty since cats harbor a lot of bacteria in their mouths which can lead to infections in humans if they break through skin.

- My homeopathic friend recommended Lachesis 200c when my husband accidentally got bit by our cat.
- My husband also soaked his injured finger in hot salt water several times per day and I also gave him systemic immune support\* to help his body fight off a possible infection. It worked!

## **Sore Throats:**

I usually do a combination of things depending on the severity:

- Salt water gargles with turmeric several times per day
- ADP (emulsified oregano oil) – we suck on it like a lozenge. It's spicy so we keep it in our mouth as tolerated and do that throughout the day.
- For my younger one who can't tolerate the spiciness of oregano oil, I use silver hydrosol spray directly at the back of the throat. I sometimes use propolis spray as a last resort because bees are so strained so I try not to rely on bee products.
- Systemic immune support\*

## **Food Poisoning:**

- Arsenicum 200c
- Binders to help mop-up toxins like pure activated charcoal or a combo formula like GI Detox

## **Minor Aches & Pains (i.e headache or muscle ache):**

- Drink lots of filtered water. Dehydration can cause aches and pains.
- Next is Leefy's Prana tincture (ginger, turmeric and pepper). I double the dose when I feel muscle tension or a brewing headache.
- Magnesium Glycinate (200-400mg). It's a relaxing mineral so it can help relieve tightness or spasms in the body. An Epsom salt bath (magnesium sulfate) or magnesium oil sprayed directly onto the pain point can also help instead of reaching for a pain reliever like Tylenol or Advil.

## **Cough Remedy:**

I reach for a demulcent which helps soothe irritated tissue and moisten the mucus membranes. A demulcent is indicated when there is a dry irritable cough with little expectoration. Expectorants increase the flow of mucus and help expel thick excess mucus from the lungs.

- Flaxseed is both a demulcent and an expectorant. I make a tea using 2 Tbsp of flaxseeds to one cup of water. I boil the water, add the flax seeds and let it simmer on low for about 10 mins or until it gets slimy and thick. Strain and discard the seeds. For an extra immune boost, elderberry syrup can be added. I then add 2 Tbsp fresh lemon juice and 2 Tbsp honey, and store it in a glass jar in the fridge. I take or give my family 1 Tbsp as often as needed throughout the day.

### **\*SYSTEMIC IMMUNE SUPPORT FOR UP TO 7 DAYS:**

Adults:

Arabinogalactans (IAG powder) – 1 tsp, 3 x per day

Vitamin D3 – 10,000 IU per day

Vitamin A – 10,000 IU per day

Zinc – 50mg per day

For my kids, I give them approximately half the adult dosage.





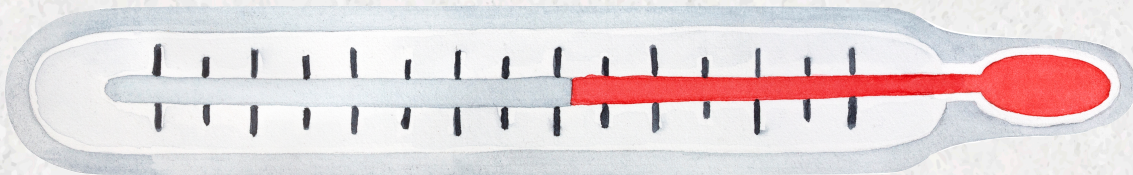


# My Go-To Immune Boosting Protocol When Getting Sick

When the body is beginning to fight an illness – whether it be viral, fungal or bacterial – the goal is to strengthen the overall immune system by providing it with the right ammunition to win the battle. Here's what I DON'T do at the first sign of getting sick:



- ✗ Pop cold & flu pain relievers to carry on with the day
- ✗ Exercise intensely
- ✗ Consume refined sugar (which further weakens immunity)



## A Note About Fevers...

When a fever hits, the conventional approach is to reach for fever reducing medication. I don't do that because a fever is the body's natural way of fighting an invader. It heats up to create an internal environment that won't allow the pathogen to survive so why would I want to suppress what the body is naturally trying to do to protect us?

As long as the fever is below 40.5°C/105°F and my kids are alert, playing, eating, and living normally, I don't suppress a fever with medication which I find delays recovery. Instead, I support the body's immune system with my "Go-To Immune Support Protocol" below to help it fight off the infection, in addition to:

- ✓ No refined flour & sugar whatsoever
- ✓ Playing/walking barefoot outside on chemically untreated grass
- ✓ Lots of sun exposure
- ✓ Lots of different colored vegetables (if there's an appetite)
- ✓ Cashews, almonds & pumpkin seeds for extra zinc (if there's an appetite)



# MY GO-TO'S WHEN GETTING SICK

@Bernadette.Abraham



**Vitamin A**  
10,000 IU



**Vitamin D3**  
10,000 IU



**Zinc**  
40-50mg



**Liposomal Vitamin C**  
1000-2000mg



**Arabinogalactans**  
3 x per day



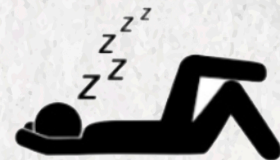
**Multi-Strain Probiotic**  
AM & PM



**Ginger/Turmeric Tea**  
& Lots of Water



**Limit Food**  
Stick to Liquids



**Stay Warm &**  
**REST!**

# My Go-To's When Getting Sick

## Adult Dose:

✓ Vitamin A. I take 10,000 IU per day of a fully-formed retinoid like retinol palmitate (not beta carotene) once daily with food as needed for up to 7 days. Alternatively, I may eat a small amount of high-quality organic liver daily (e.g. 1 ounce or ~2 Tbsp pâté).

✓ Vitamin D3. I take 10,000 IU per day in the morning with food as needed for up to 7 days. *Optional: If a headache hits, I'll also take additional magnesium glycinate (~200-400mg) to allow Vitamin D to be fully activated and relax the muscles.*

✓ Zinc. I take about 50mg zinc citrate or picolinate once daily toward the end of a meal (too early in the meal or too long afterward will likely create nausea) for up to 7 days.

✓ Liposomal Vitamin C. I take about 1000mg to 2000mg per day (or up to bowel tolerance), in divided doses as needed for up to 7 days. Extra Vitamin C tends to stimulate the bowels. Alternatively, intravenous Vitamin C is often available at holistic or functional medical care facilities and is much more aggressive for boosting the immune system systemically and can avoid any GI disturbance.

✓ Arabinogalactans help boost natural killer cells. I always give this flavorless "magic powder" as my kids call it first and foremost. I take 1 tsp, 3 x per day mixed in filtered water or half a freshly squeezed orange for up to 7 days (although it's rarely needed for more than 2-3 days luckily). My kids take ½ tsp, 3 x per day.

✓ Broad spectrum multi-strain probiotic regulates the functioning of our immune cells. I double up on the dose and take 1 in the morning and one in the evening with food for up to 7 days.

✓ I stay hydrated with filtered water and nature's antibiotics (i.e. ginger/turmeric tea). Simply boil water, add ginger and turmeric, turn down heat and steep for 20+ minutes. Add crushed black pepper for better absorption. For my kids, I forego the pepper and add Manuka honey instead.

✓ Unless I have an appetite, I don't eat. If I do, it's liquids like soup and chicken bone broth with rice. Eating robs energy so don't force yourself or your kids to eat unless the body asks for it.

✓ Finally, I rest and stay warm to conserve energy.

If this protocol doesn't stop the illness altogether, it considerably reduces the duration and severity of it.

For my kids, I usually give half the adult dose and it works like a charm!

The best part is the feeling of control over your body and family's health. I hope these protocols help your family as much as they help mine!

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Please stay in touch! You can find me on [Instagram](#) and [Facebook](#) or join the [B Better membership](#) where you can get your health questions answered in my members-only community.



#### References:

1. <https://pubmed.ncbi.nlm.nih.gov/22463795/>
2. <https://www.microbiologyresearch.org/content/journal/micro/10.1099/mic.0.040618-0>

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