

# WISH

World Integrated Systems in Health  
Dr. Sandra J. Bevacqua

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## **Dr. Sandy's Cold Remedy**

When fighting off a cold:

1. Get plenty of rest
2. Super hydrate - consume more than ½ your body weight in ounces of water or herbal tea. (120 lb person would consume more than 60 oz of water to super-hydrate.)
3. Supplements:
  - Shaklee: Immunity Formula I – 2 capsules twice per day
  - Shaklee: Nutriferon – 2 tablets 3 times per day
  - Shaklee: Vitamin C – 2 tablets every hour or two
  - Shaklee: Garlic – 1 tablet every hour or two
  - Shaklee: Defend and Resist – 3 tablets 3 times per day. Add them to a cup of your favorite tea or plain hot water to make tea.
  - Shaklee: Zinc Complex – 1 tablet 3x/day
  - Metagenics: Vitamin D-3 5000 – 1 capsule per day.

For long term protection against colds and influenza infections use:

- Shaklee: Vitamin C – 2-3 tablets twice per day.
- Shaklee: Garlic Complex - 2 tablets twice per day.
- Shaklee: Nutriferon – 2 tablets per day.
- Shaklee: Immunity Formula I – 1 per day.
- Shaklee: Vitamin D – 2 tablets per day.
- Along with a fibrous diet rich in produce.