

JUST JESS on HEALTH:



Boosting your immunity in preparation for flu season:

Thank you so much for taking the time to answer a few questions on your immune health. Below are specialised medicines, which I have sourced to boost you and your family's immune systems over the coming months. These can be ordered from practice and used as part of a treatment or prevention protocol.

1. **Immunotonic** - A premium blend of echinacea alongside other herbs to assist with:

- Immunomodulation
- Excessive mucous build up in the upper and lower respiratory tracts
- Upper and lower respiratory tract infections
- Chronic lung ailments

Dosage:

Prophylactic - 15-20 drops daily as a prophylactic

Acute conditions - 15 -20 drops 3 x daily (please contact if you need an age appropriate dose)

2. **Rawbiotics Probiotic** – A 14 strain, live and fermented probiotic. This liquid formulation contains specific herbs directed at either immune health or gut inflammation. Research demonstrates that 80% of our immune system lies within the gut. A healthy gut leads to a strong immune system, heart and brain health, a balanced mood as well as effective digestion. This probiotic must be stored in a cool area, not in the refrigerator.

Dosage:

1 tablespoon to be taken on an empty stomach daily. Gradually move up to 2-3 tablespoons daily (please contact for an age appropriate dose).

3. **Homeoprophylaxis** – Influenzinum is now in stock to assist in covering you and your family from the current strain of influenza (this does not cover the covid virus). If you would like further information, or need acute homeopathic remedies please do not hesitate to contact.

Product	Cost
Immunotonic (30ml)	R100
Probiotic Daily 500ml (Immune boosting herbs)	R150
Probiotic Gut Correct 500ml (Gut healing herbs)	R150

Stay safe

*Please note I will now be available on zoom for initial and follow-up consultations during the lockdown period. If you have any questions please don't hesitate to ask.

Kind regards
Dr Jess

