**Covid Protocol** *Prevention & Recovery*Karl Mincin, Functional Medicine Nutritionist

*General guidelines only. These recommendations are best tailored to your particular health status, unique nutritional needs and symptom severity. One size doesn’t fit all. Our nutrient needs are as different as our fingerprint. It’s usually best to test, not guess. Karl is available to personalize this protocol. In his functional medicine nutrition practice he always adjusts it to each person’s specific needs. See second page for further details about personalization, testing options, supplement sources & educational resources.*

NUTRITION FOUNDATION (Whole body & gut-immune health)  
***Omnivite*** Multiple vitamin-mineral  
***UPrOmega*** Clinical strength omega-3  
***PreBioin*** Organic Agave Inulin with XFOS pre-biotic   
 Feeds all 500 strains of healthy gut bacteria. 70% of our immunity is made by these beneficial bugs!

IMMUNE SPECIFIC ESSENTIALS  
***Alquertin*** - Quercitin complex with bromelain, turmeric, bioflavonoids, herbs and vit C complex   
Potent immune support, aids zinc utilization, anti-histamine, anti-allergy, anti-tumor & multiple side benefits  
***Zinc Lozenges*** Low dose, no sugar synergistic complex – beyond the deep immunity of swallowing a pill, bathing the mucous membranes in zinc acts as a surface virus shield. Because of the hi potential to upset delicate mineral balancing acts, such as the copper:zinc ratio, it’s best to test not guess. Two options for self -testing your individual need described below.  
***Vitamin D*** 5,000 iu The vital vitamin that’s actually a hormone! Testing recommended every 6 months  
***Homeopathic WB Immune Stim*** Activates whole body deep natural immunity (synergizes with all others)

BODY SYSTEM AS NEEDED  
Targeted Immune  
***H-Viral Imm Stim***  
***Thymus Glandular Ext***Lung /Respiratory Support   
***AGM*** Astragalus, Ginseng, Mushroom Complex. Potent immune & digestive support, blood builder (both RBC & WBC), complementary cancer care and a boost of energy to boot! (May be customized)  
***Custom Herbal Lung Immune Tonic*** May be compounded individually   
***Combo Homeo-Herbal Cough Tonic***  
***H-Difficult Breathing Remedy***  
Natural Antibiotic  ***DP-Professional Strength Citricidal*** GSE complex is one of the strongest natural antibiotics (Confirmed infection required before dispensing). There are several other nutraceutical antibiotics selected on an individual basis  
Energy  ***Power Pak Electrolyte drink mix*** (includes B & C vitamins)  
***H-Mitochondrial Resuscitation*** cellular energy (and/or other nutritional/herbal/glandular energy formulas as needed)  
***AGM*** see description above  
Detox  
***H-Whole Body Detox Liq  
Biotoxin Binder***  
Other  
Whatever other symptoms you may be dealing with, we have a natural remedy for that! Please inquire…

**Most of the above professional grade products, and test kits below, are available from**   
NRC = Karl Mincin’s Nutrition Resource, LLC 360.336.2616 or [KarlMincin@Nutrition-Testing.com](mailto:KarlMincin@Nutrition-Testing.com)   
WELL = my online dispensary [www.Wellevate.me/Karl-Mincin](http://www.Wellevate.me/Karl-Mincin) Average product cost is $20./month

Further details & general dosage instructions included with product. Specific instructions available with personal consult.

AT HOME SELF TESTING  
***Zinc Talley Assessment Status – Liquid zinc solution for taste testing purposes only***  Provides instant accurate feedback about your zinc status ***HTMA Hair Tissue Mineral Analysis*** kit – tests for 30 minerals, both nutritional & toxic (consult recommended for professional personalized interpretation. DIY not recommended. Experienced Interpretation is everything.) ***Comprehensive Clinical Assessment Questionnaire*** screens for 20+ immune suppressing conditions & toxicities Can save hundreds in lab testing costs

GENERAL DIET GUIDELINES (Available upon request)  
Elemental Diet  
Mucousless Diet  
Anti-inflammatory Diet  
Personalized Eating Plan Worksheet  
  
*Covid care & prevention is best accomplished as part of a comprehensive nutrition assessment work up which will establish your personal nutrition & metabolic baseline. Request my Brochure & Session Schedule for details.*

REMEMBER THE BASICS - Rest & fluids are still the two best remedies around. Remember, hydration is not just about water, it’s really about electrolyte minerals. Water goes, and stays, where the minerals are. You’ll find related posts on my Instagram page. Outdoor daylight, fresh air and physical activity are vital.

PACE YOURSELF IN RECOVERY - Once you start feeling better, please resist the temptation to go full force back to life as usual. I’ve seen too many patients attempt to do so only to relapse twice as hard the second time around. I know it ain’t easy to restrain yourself and lay low, but please don’t make this same mistake. Pace yourself.

GOOD NEWS ABOUT GOOD OLE FASHIONED AQUIIRED NATURAL IMMUNITY - If you’ve contracted CoV you are now 13 times better protected against all variants than you are from the vaccine. *Science 8/26/21* There is still a 98+% recovery rate. Given this new data, along with the increasing need for vaccine booster shots, it is becoming increasingly clear that *nothing* can compare to the power of natural acquired immunity! Whether you choose vaccination or not, take your immune health into your own hands, and take it seriously. No one, no health professional, family member nor drug, or supplement is going to do it for you!

EDUCATIONAL RESOURCES  
My Instagram page @MincinNutritionist is a rich resource, especially the two ongoing post series *How To Build Immune Resilience* and *Essential Gut Health*   
My website [www.Nutrition-Testing.com](http://www.Nutrition-Testing.com) especially the Articles page Rev 9/21