



# I.C. CARE

*wise medicine*

For upper respiratory tract infections in general, including those caused by some types of flu coronaviruses like COVID-19

## LET THE OFFICE KNOW BUT STAY AT HOME.

TAKE THE FOLLOWING:

### FIRST LINE OF PROTECTION



**AVOID THE USUAL HAND SHAKE GREETING**

**KEEP YOUR HANDS OFF YOUR FACE**



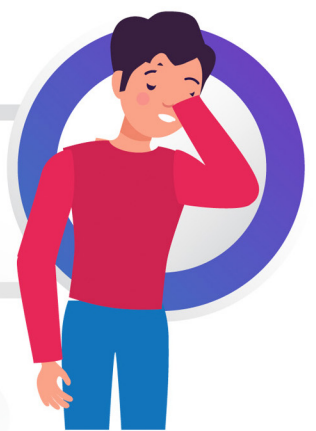
**FREQUENT HAND WASHING**

**STAY AT HOME**



**DECREASE CONTACT WITH FAMILY**

**SNEEZE OR COUGH INTO YOUR ELBOW OR SHOULDER**



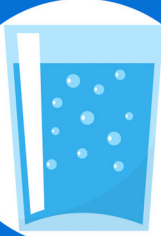
**CLEAN SURFACES FREQUENTLY**

## DEFENSE PRIOR TO GETTING ILL:

### STAY WELL HYDRATED

**REDUCE COFFEE AND SWEET TEA INTAKE. DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER.**

(E.G. IF YOU WEIGH 150 POUNDS THEN YOUR INTAKE SHOULD BE 75 OUNCES OF WATER DAILY). *NOTE: THIS IS A ROUGH GOAL FOR FLUID INTAKE IF YOU EAT LOTS OF GREENS AND GET FLUIDS FROM OTHER SOURCES YOU WOULD NEED LESS. ALSO IF YOU DRINK LOTS OF TEA, COFFEE AND COLA BEVERAGES OR EXERCISE, WHICH MAKES YOU LOSE WATER, YOU WOULD NEED MORE FLUIDS TO KEEP UP WITH THE LOSS.*



### VITAMIN D

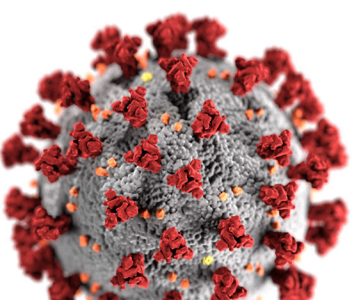
**MAINTAIN A BLOOD LEVEL OF 25-HYDROXYVITAMIN D3 OVER 50 NG/ML.**

**IF YOU ALREADY TAKE 5,000 IU OF VITAMIN D EVERY DAY, THEN YOU PROBABLY DO NOT NEED TO INCREASE YOUR INTAKE, BUT KNOW YOUR LEVEL.**



### ASTRA C

**ONE TAB TWICE DAILY DURING THE FLU SEASON**







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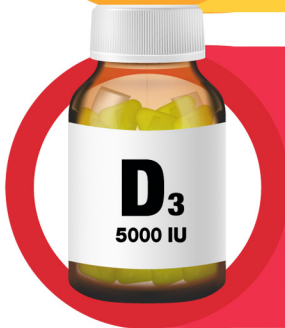
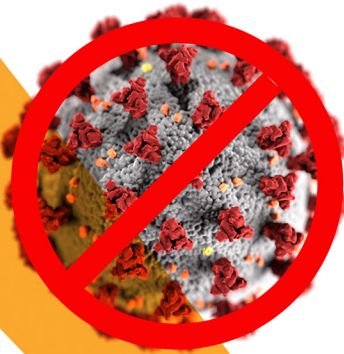
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# OFFENSE FOR COVID-19 AFTER THE ONSET OF SYMPTOMS:



## DRINK LOTS OF WARM FLUIDS:

WARM WATER RATHER THAN COLD; HOT BROTHS OF CHICKEN, BEEF OR VEGETABLE BASE WITH SHITAKE MUSHROOMS.



**VITAMIN D:** IF YOU DO NOT ALREADY MAINTAIN A BLOOD LEVEL OF 25-HYDROXY VITAMIN D3 OVER 50 MG/ML, TAKE 50,000 IU OF VITAMIN D THE FIRST DAY & CONTINUE FOR THREE MORE DAYS THEN REDUCE THE DOSE TO 5,000 IU OF VITAMIN D EACH DAY.

*IF YOU ALREADY TAKE AROUND 5,000 IU OF VITAMIN D EVERY DAY, THEN DO NOT INCREASE INTAKE.*



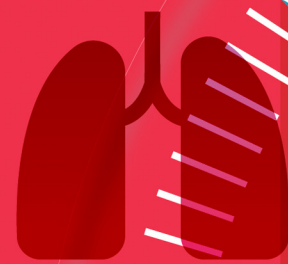
**ZINC LOZENGES:** COMPLETELY DISSOLVE IN MOUTH, ONE LOZENGE CONTAINING 18.75 MG OF ZINC ACETATE EVERY TWO WAKING HOURS.

*DO NOT EXCEED 8 LOZENGES DAILY & DO NOT USE FOR MORE THAN THREE CONSECUTIVE DAYS.*



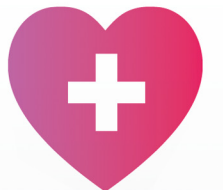
**GARLIC:** TAKE 9,000-18,000 MG OF A HIGH-ALLICIN GARLIC SUPPLEMENT EACH DAY UNTIL SYMPTOMS SUBSIDE.

*TAKE WITH FOOD TO MINIMIZE STOMACH IRRITATION.*



**CIMETIDINE:** TAKE 800-1,200 MG A DAY IN DIVIDED DOSES. CIMETIDINE IS A HEARTBURN DRUG THAT HAS POTENT IMMUNE ENHANCING PROPERTIES.

*IT IS SOLD IN PHARMACIES OVER-THE-COUNTER*



Contact us at  
(301) 773-9700



**MELATONIN:** 3-50 MG AT BEDTIME.



**ASTRA C:** TWO TABS TWICE DAILY AT ONSET OF SYMPTOMS.

## COVID-19 WILL PASS. STAY SAFE.

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