

# What I Would Do...

These are the Nature's Sunshine Products (NSP) I would use at the time of a Pandemic:

Silver Shield: Dr. Gordon Pederson's Silver Shield Protocol is fabulous. I would take 4 ounces Of NSP Silver Shield the first day (drank throughout the day), then 2 ounces per day for the next 2 days, 1 ounce per day for the next 4 days, then 2 tsp. 2 times per day for the next month (I would continue this amount if desired). I would also use Silver Shield Gel on my hands and face to protect myself from bacteria, viruses, and fungus.



Vitamin D3: Dr. Hugo Rodier has brought to light scientific evidence on the value of D3. Based on this information and his comments I would use 50000 units of D3 a day for 3-4 days. This would be 25 capsules per day of NSP Vitamin D3 for 3-4 days. After this, I would go to a minimum of 6000 units per day (3 capsules per day) for a month. I would then take 2 per day the following month.



Probiotic 11 or Bifidophilus Flora Force: The value of probiotics is making news now...and rightfully deserved. I would take 10 capsules of Bifidophilus Flora Force or 10 capsules of Probiotics 11 each day for a month. After this, I would go to 4 -5 day. There is research now on how probiotics can benefit the intestinal system, our immune system, our bones, and even our DNA.



\*\*\*At the time of a pandemic it is likely that there would be backorders on key products people would use. I feel it is better to prepare ahead of time to have the products on hand rather than risk going without.

This is what I would stockpile in case there was a pandemic:

Silver Shield: 3 bottles (16oz bottles) per adult in the household. 1 bottle per child.

Vitamin D3: 3 bottles per adult in the household. 1 bottle per child.

Probiotic 11: 2 bottles per adult in the household. 1 bottle per child.

\*\*\*I feel comfortable taking these products as a daily part of my health program.

This is what I would do on a daily maintenance level (without a pandemic):

Silver Shield: 1 tsp. two times per day

Vitamin D3: 2 per day

Probiotic 11: 3 per day

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