



# The Acute Viral Protocol: Update and Rationale

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Other articles will focus on prevention and the Risk/Benefit ratio of the “flu” vaccine for seasonal influenza A/B outbreaks. This protocol changes that ratio of risk to benefit as we provide you with an astoundingly effective treatment approach to the cold and flu season. For any treatment to work against respiratory viruses, one must start treatment as soon as you even suspect you have the cold or flu. First, the slightly revised protocol:

- **Vitamin D3 (cholecalciferol - BioTech) 50,000 IU caps** One cap 3 times per day, 3 days maximum. Yes, 150,000 IU per day for at most 3 days.
- **Viracid (Ortho Molecular)** 2 caps every 3 hours while awake for up to 7 days, a multiherbal preparation with Andrographis, Echinacea, European Elder, Zinc and more. You may substitute **Wellness Formula by Source Naturals** 6 caps every 3 hours or **Kick-Ass Biotic by WishGarden** 6 pumps every 3 hours.
- **Vitamin C (Systemic C or Ester C 500 mg by Source Naturals)** 1 cap every 3 hours for up to 7 days. This adds to the 300 mg of C in the Viracid.

I have updated this protocol over the years, and this rendition also gives you some options—including a wonderful herb formulator, WishGarden. I also recommend one dose of the protocol for plane flights and gatherings, especially with young germ vectors... I mean children! Another caveat, when I start this protocol, even at the hint of a respiratory infection, I rarely take the protocol for more than 2 days as my symptoms are already gone!

Further caveats for the holiday season include if your symptoms start primarily with a sore throat (pharyngitis) add **Wellness Zinc Lozenges (23mg Zinc Gluconate by Source Naturals)** dissolved in the mouth every 2 hours for up to 3 days. There are separate protocols for sinusitis and bronchitis with purulent discharge that usually outperform antibiotics. Of course, antibiotics can serve as a back-up plan to any of the protocols.

For people who can't afford to take time off from work (though do so if you can!) don't forget the profoundly beneficial **Intravenous Myer's Cocktail** as this can especially help for those whose GI tracts do poorly with supplements, or if you missed that critical 48 hour window from the onset of symptoms to treat effectively enough to shorten the duration of illness.

I will specify protocols for infants and children in the future as well. This protocol can be used for any child/adult over 80 pounds (36 kg) and I would decrease by 50% from 50 pounds (23 kg) to 80 pounds.

Most of you are probably not aware of the expansive effects of vitamin D<sub>3</sub> on the immune system. But vitamin D<sub>3</sub> interacts with the Vitamin D Receptor present within respiratory epithelial cells and macrophages leading to local production of 1,25(OH)<sub>2</sub> D<sub>3</sub> and thusly leading to the production of antimicrobial peptides (AMPs), also known as Host Defense Peptides (HDPs) **Cathelicidin** and **Defensin Beta4!!** This might not excite you as much as it does me, but high dose D<sub>3</sub> activates your innate immune system and these AMPs are imperative in fighting off influenza (flu), rhinovirus (RV – the most common “cold” virus), and Respiratory Syncytial Virus (RSV – a cause of especially severe lower respiratory tract infection in children and infants), and what probably makes D<sub>3</sub> the most important part of this protocol!

The utility of high dose oral vitamin C for activation of immune function, local inflammation regulation and its necessity in primates as a stress response nutrient has been documented in thousands of trials. Its complementarity with vitamin D has to do with a synergistic activity in sending white cells to the area of infection and oxidative burst for organism killing uniquely different from D<sub>3</sub>. Intravenous C is sometimes required for optimal effect.

The herbal preparations mentioned above incorporate some of the best studied immunostimulating and anti-infective herbs that have coevolved with humans and complete the protocol.

Final caveat, even herbal anti-infectives may affect the GI flora, it is wise to double the dose of your probiotic during the time of an illness and for at least a week thereafter. My favorites remain OrthoBiotic and IFlora among many others.

Probably more than any other remedy we recommend at Middle Path Medicine, this one is the one we get the most positive feedback from!

Your Journey to Health and Healing,  
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