

## Immune Stacking and Detox Protocol — lorriweisen.com

Remedy	Use	Duration	Expense
<b>Oreganol P73</b>	Take 3 drops - 3 times per day with water.	Start immediately at the onset of a cold and continue for 10 days.	\$30 - \$35 per bottle. One bottle will last you through multiple cold seasons. Very long shelf life.
<b>Neti Pot</b>	3 times per day. Upon wake-up, midday and before bed.	Start immediately at the onset of a cold and continue for 10 days or until you feel your head is completely cleared of mucus.	\$15 - \$25 initial cost. (Pot and salt) Neti Pot will last indefinitely. Salt will need to be resupplied every 4-5 years.
<b>Essential Oil Rub</b>	3 times per day. Upon wake-up, midday and before bed.	Start immediately at the onset of a cold and continue for 10 days.	\$10 - \$20 depending on brand and size. Multiple applications. One bottle will last you through one-two cold seasons.
<b>Saltwater Gargle</b>	3 times per day. Upon wake-up, midday and before bed.	Start immediately at the onset of a cold and continue until sore throat has subsided.	Use any good sea salt you have in the pantry.
<b>Detox Bath</b>	1 time per day if time permits.	As needed.	\$3 - \$5 per 3# bag average.
<b>Bone Broth</b>	8 ounces sipped 2 times per day.	Start immediately at the onset of a cold and continue for 7-10 days.	This can vary depending on if you are making it yourself or purchasing it. A high-quality store-bought brand can run \$6 - \$8 per 16 ounce size.
<b>Elderberry Extract</b>	4 tsp per day for first 3 days. Then 1 tsp per day thereafter.	Start immediately at the onset of a cold and continue for 5 days.	\$8 - \$10 per bottle. This can vary depending on brand and dosage. Research ahead of time and stock up when on sale.
<b>Water &amp; Liquids</b>	64 ounces per day +	All day every day.	Free (technically:) if you are drinking tap water!
<b>Activated Charcoal</b>	2 capsules 2 times per day with water	Start immediately at the onset of a cold and continue for 7 days.	\$7 - \$10 per 100 capsules. Serving size is 2 capsules. Make sure you take a mild laxative.
<b>Sleep</b>	7-8 hours per night	Always and forever.	Free.