

David Getoff's Vitamin A and C "trick"

I first heard this protocol from an MD on a radio program in N.Y.C. about 40 years ago.

To be effective, it **MUST** be started in less than 60 minutes from the onset of your first symptoms.

The protocol is as follows:

Within **LESS THAN** 60 minutes from when you first get the "Darn it, I'm going to be sick tomorrow" feeling, which most people are familiar with...

You need to take 25,000iu of **REAL** vitamin A/per 50-60 lbs. Of your body weight and also take vitamin C all day long in divided doses for a total of (at least) 1000mg/40 lbs. Of your weight . So for example:---

For a 180 lb. person, they would take ~ 75,000iu of natural vitamin A per day and 1000mg 4 times a day of C. (2000mg 4x a day is fine, as well.)

Don't stop till you have gone 3 FULL DAYS with ZERO Symptoms

This stops most colds, flu and sore throats in their tracks when done early enough and for long enough as outlined above

See the next page for my [Herbal tincture](#) **super** anti-infection immune enhancing protocol which may be added to the above to further kick your immune system into high gear

David Getoff's super anti-infection immune enhancing herbal tincture protocol

All tinctures are to be taken at the dose of 40 drops 3 to 4 times each day. (Spread throughout the day)

I am only referring to the tinctures manufactured by Herbalist and Alchemist Co.

<https://www.herbalist-chemist.com/>

If you wish to mix all 120 drops (40 drops of each tincture) together, make sure to dilute them into a few ounces or more of water so that the alcohol preservative does not burn your throat or make you cough.

One 4 ounce bottle of each product is generally adequate for one illness, as this will last one person between 14 and 20 days at the above doses.

The tinctures are:

Andrographis

VX Immune Support

Propolis

This protocol may be added to the Vitamin A & C protocol

I highly recommend that you purchase their Herbal Therapeutics Guide book

P.S. I also LOVE the multiple mushroom product from Mushroom Science called Immune Builder. Preventive doses I use are 2 twice a day 45 minutes before AM and PM meals or if already sick, then 6 capsules before each of those same 2 meals