

# The Four Stages of Infection

Natalie Kather, M.D.

My2048.com

Stage 1: EXPOSURE	Stage 2: Infection
<p><b>Mucosal Immunity</b></p> <ul style="list-style-type: none"><li>• Zinc: 30 mg/d</li><li>• DHEA: 15 to 50 mg/d to maintain youthful serum DHEAS levels</li></ul> <p><b>Immune Competence:</b></p> <ul style="list-style-type: none"><li>• Highly Varied Natural Food Diet devoid of sugar</li><li>• Vitamin D: 5,000 to 10,000 iu/day M-F</li><li>• Medicinal Mushroom concentrates: 1-2 g/d. Double at first sign</li><li>• Selenium: 200 mcg on Sunday</li><li>• Melatonin: 2-6 mg/before bed</li></ul>	<p><b>Immune Response:</b></p> <ul style="list-style-type: none"><li>• DHEA,</li><li>• Medicinal mushrooms, Beta glucan</li><li>• Vitamin D, zinc,</li><li>• Quercetin: 1 to 3 g/d,</li><li>• Vitamin A (as palmitate) 10,000 to 25,000 iu/d M-F</li></ul> <p><b>Sequestering free iron:</b></p> <ul style="list-style-type: none"><li>• IP-6: 1-2 g/d</li></ul> <p><b>Clotting issues:</b></p> <ul style="list-style-type: none"><li>• Fish Oil: EPA, 900 mg/d</li></ul>
Stage 3: Escalating Infection	Stage 4: Recovery / Repair
<p><b>Excessive inflammation / Cytokine Storm</b></p> <ul style="list-style-type: none"><li>• Curcumin: 300 mg to 2 g/d</li><li>• Plant-based anti-inflammatories: Scutellaria bicalensis acacia catechu Morus alba Boswellia serrata</li><li>• Resveratrol: 125 to 250 mg/d</li><li>• Fish oil</li><li>• DHEA</li><li>• Vitamin D</li></ul>	<ul style="list-style-type: none"><li>• <b>DHEA</b></li><li>• <b>Sleep</b></li><li>• <b>Stress management</b></li><li>• <b>Exercise</b></li><li>• <b>HVNFD devoid of sugar</b></li></ul>