



TO BE + MEDICAL + WELLNESS +
Flourish
YOU MADE WHO GOD

Holistic

HEALTH REMEDIES



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DAILY SUPPLEMENTATION RECOMMENDATIONS

Kids

- Fun Play™ Multi-Vitamin: Ages 2-4 take 1 ml daily; ages 4+ take 2 ml, 1-3 times daily
- Tuff Play™ Immune Boost: Ages 2-4 take 1 ml daily; ages 4+ take 2 ml 1-3 times daily
- BioToxin Binder: 1 capsule twice daily, OR 2 capsules once daily
- Cod Liver Oil: For brain, immune system, healthy hormones (asthma, nervous system)
1 tsp 1-2 times per day



ALLERGIES

Kids

- **Acute Symptoms:** Antronex® 1-3 tablets with each meal (3 times per day)
- **Prevention:** 1-2 tablets twice daily starting at least 2 months prior to allergy season
- Lemon, Lavender, Peppermint: mix 2 drops of each essential oil with water 1-3 times per day or apply to spine and bottoms of feet 3 times per day
- Cellcore Foundational Protocol: Clears drainage pathways that are causing the chronic allergies.
- **Acute Symptoms:** Antronex® 3 tablets with each meal (3 times per day)
- **Prevention:** 2 tablets twice daily starting at least 2 months prior to allergy season
- **Note:** If taking antacids, you will need to take Zupan® with Antronex®. (Antronex® does not work in an alkaline environment.)

Adults

ADD / ADHD / Focus

- BC-ATP 2 capsules in AM (30 lbs. or less)
- BC-ATP 2 capsules twice daily (over 30 lbs.)
- Lavender and Peppermint: Apply 1-2 drops of essential oil on bottoms of feet as needed for focus/concentration.
- Hydroxogen+ 1-3 drops in AM (add to water or juice)

CONSTIPATION

- Bowel Mover: Kids 1 capsule twice daily; adults 2 capsules twice daily. Can increase dose as needed.
- Caster Oil Packs (shopqueenofthethrones.com)



COUGH & RESPIRATORY INFECTION



- Nebulize Colloidal Silver and 1-4 drops of Hydroxogen+ every 4 hours as needed for cough (enough for a 10-15 minute treatment)
- **Note:** You can purchase handheld nebulizer on Amazon.com
- Pineapple juice and/or honey as needed for coughing

EAR INFECTION

- Garlic mullein oil + 8-10 drops of Tea Tree oil - instill 2 drops in ear(s)
 - Heat several minced garlic cloves in olive oil, simmer for 3-5 minutes, then let cool. Add Tea Tree oil to garlic oil mixture in a dropper bottle.
- Para 3: 1-2 drops in and/or around ear(s) 2-3 times per day
- Fractionated coconut oil + 8-10 drops of Lavender + 8-10 drops of Tea Tree oil in roller bottle, roll in front of ear(s), behind ear(s), and down neck - or 1 drop each on finger with coconut oil applied in front of ear(s), behind ear(s), and down neck. Apply 3-4 times per day.
- IS-BART, IS-BAB, IS-BOOST, IS-BORR - 1 drop into ear(s) twice daily
- Use any of the above for at least 5 days, or until pain resolves.
- Wait for 10-15 minutes for drops to absorb into ear(s)

EMOTIONAL SUPPORT

- MESupport: 1-2 drops on the tongue 1-2 times per day
- Serenity®: Apply 1-2 drops on bottoms of feet and down spine 2-3 times per day
- Adaptive Touch roller: Apply down spine and on bottoms of feet as frequently as needed for symptom relief.



FEVER

- Calcium Lactate: Mix with distilled water ONLY or juice.
 - Start with $\frac{1}{4}$ to $\frac{1}{2}$ tsp every 30-60 minutes for 3-5 doses. Then use as needed depending on fever resolution.
 - May increase by $\frac{1}{4}$ tsp if fever persists after 60 minutes.
 - May want to heat on stovetop to help dissolve, then pour over ice for child to drink.
- Apply Peppermint oil down the spine and on bottoms of feet every 2 hours (use with carrier oil, especially for infants).

HASHIMOTO'S

- Cellcore Comprehensive Protocol
- Antronex[®]: 2 tablets twice daily

HEADACHE

- Hydroxogen+: 1-2 drops every 2 hours as needed for acute headache.
- Phosfood[®]: 2 droppers twice daily + Zypan[®]: 2 tablets with each meal
- **Note:** if gallbladder has been removed also take Cholacol[®]: 2 tablets with each meal



HEARTBURN

Zypan[®]: 2 tablets with each meal

MOUTH SORE OR INFECTION

- Mix 2 capsules of Biotoxin Binder with water – swish around mouth for several minutes 2-3 times per day
- Apply Ozonated Olive Oil topically to affected area 3 times per day



NAUSEA

- DigestZen®: Apply 1-2 drops to abdomen every 1-2 hours as needed
- DigestZen®: Touch Roller – apply to area every 1-2 hours as needed



RINGWORM

- PurO3 Ozonated Jojoba Oil: Apply 2-3 times per day
- Tea Tree Oil: Apply 2-3 times per day
- Oregano Oil: Apply 2-3 times per day with carrier oil

SKIN INFECTION, CUTS, BITES, RASH

- PurO3 Ozonated Olive Oil: Apply 2-3 times per day
- PurO3 Ozonated Hemp Oil: Apply 2-3 times per day
- Tea Tree Oil: Apply 2-3 times per day
- Geranium Oil: Apply 2-3 times per day with carrier oil
- Hydroxogen+ : Apply 1 drop 2 times per day

STREP THROAT & SORE THROAT

- Colloidal Silver: Gargle 3 times per day
- Colloidal Silver and 18-20 drops of Tea Tree oil in 2 oz. spray bottle.
 - Apply every 2-3 hours until symptoms subside, then reduce to 3 times per day for 3-5 more days.
- OnGuard® Oil: Apply to soles of feet and/or spine every 1-2 hours



URINARY TRACT INFECTION (UTI)

- Mix 1 gallon of DISTILLED water with juice of 2 lemons + 2 Tbsp of apple cider vinegar (with the mother) – drink throughout the day until symptoms resolve, and
 - Bactrex® capsules: 3 capsules 3-4 times per day until symptom resolution, plus an additional 2-3 days, or
 - Bactrex® tincture (for kids): 1 dropper 3-4 times per day until symptom resolution, plus an additional 2-3 days, plus
 - Albaplex®: 2 capsules twice daily for duration of treatment
- OnGuard® oil: Apply to soles of feet and/or spine every 1-2 hours

WARTS

Oregano Oil: Apply 2-3 times daily with carrier oil until resolution

NATURAL ANTIBIOTICS FOR ANY INFECTION

- Calcium lactate activates white blood cells, so may be used for any infection. (See "Fever" section for instructions.)
- OnGuard® Oil: Apply to soles of feet and/or spine every 1-2 hours
- Bactrex capsules: 3 capsules 3-4 times per day until symptom resolution, plus an additional 2-3 days
- Bactrex tincture (for kids): 1 dropper 3-4 times per day until symptom resolution, plus an additional 2-3 days
- Congaplex® capsules: 3 capsules 2-3 times per day until symptom resolution, plus an additional 2-3 days
- Congaplex® chewable: 1-3 tablets 2-3 times per day until symptom resolution, plus an additional 2-3 days

FOR CHRONIC INFECTION

- Kids: Take one of the above twice daily for 30 days
- Adults: Take one or two of the above twice daily for 30 days

FOR VIRAL INFECTION

- ViVi: Kids (less than 30 lbs.) ½ dropper full 3 times per day; Kids (over 30 lbs.) and Adults 1-2 dropper(s) full 3 times per day

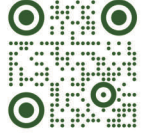


SUPPLEMENTATION BUYING GUIDE

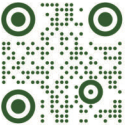
We recommend purchasing products from the listed suppliers for best results.

PureO3: Ozonated oils <https://shop.puro3.com/>

CellCore: Foundational Protocol, Comprehensive Protocol, Hydroxogen+, Biotoxin Binder, IS-BORR, IS-BOOST, IS-BAB, IS-BART, BC-ATP, ME Support, Bowel Mover, Para3



Patient Direct Code:
qDV9drEw

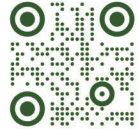


Standard Process®: Antronex®, Zypan®, Calcium Lactate, Phosfood®, Cholacol®, Albaplex®, Congaplex®

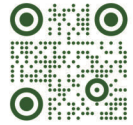
Patient Direct Code: 3AJDK4

Systemic Formulas: Fun Play™, Tuff Play™, Bactrex, ViVi

Doctor Referral Code: MET01



dōTERRA: Tea Tree, Lavender, Peppermint, Geranium, DigestZen®, OnGuard®, Oregano, Adaptiv®, Serenity®, Lemon, Fractionated Coconut Oil



Booklet Info

dōTERRA Shop Page

This **Holistic Health Remedies** booklet is one of the many resources we offer at Flourish Medical + Wellness. It's our desire to help people become all God made them to be.



952-208-7029

FlourishMedicalWellness.com

