



LotusRain Naturopathic Clinic

5210 Balboa Ave., Ste. F, San Diego, CA 92117 | 619-239-LIFE (5433) | www.lotusrainclinic.com

LotusRain Supplemental Support for Covid-19 Vaccinations

Ideally start protocol 2 weeks prior to and continue for 2 weeks after vaccination. However, what time frame you are working with, do your best to implement what you can

Prior to vaccination:

- Please get tested with a PCR-test for the virus prior to being vaccinated. If you are actively ill with the virus, it is contraindicated to receive the vaccination. Being ill with the virus and receiving the vaccination may be too much stress on the body and may overburden your immune system.
- If you have already had Covid-19 and have recovered, you are likely to have immunity to Covid-19 for at least a few months, possibly longer. There have been cases of reinfection. It is not recommended to receive the Covid-19 vaccine while you still have antibodies. The research suggests that those people who have already had Covid-19 may have an increased risk of adverse reactions and may require additional precautions.
- Ensure that you are feeling well when you take the vaccine, and not ill with any other infection or allergy.
- **Schedule a high dose vitamin C infusion within 48 hours prior to vaccine.**

Tips to reduce adverse reactions and improve your immune response:

- **Schedule a high dose vitamin C infusion within 48 hours of receiving the vaccine.**
- Eat a healthy meal and drink plenty of water before and after a vaccine.
- Ensure a good night's sleep (7-9 hours) the night before and for 2 weeks following your vaccine.
- Keep up with normal exercise leading up to and after your vaccine to ensure a healthy immune response
- If there is pain at the injection site, use a heat pack.
- Avoid taking Ibuprofen (ADVIL) or Acetaminophen (TYLENOL) before or after a vaccine as it can affect your immune response. Use fever-reducing medications **ONLY** if you develop a high fever – do not treat a low fever. Using these medications when getting a vaccine will prohibit your body from detoxifying the vaccine ingredients and have been shown in research to increase side effects.
- Discuss the benefits and risks with your doctor before repeating a vaccine that you have previously had an adverse reaction to.
- If you have allergies, if you have an epi-pen, take it with you and know how to use it. Let the facility administering the vaccine know so that they can take additional precautions, **and stay at the facility for at least 30 minutes following the vaccine.** It is best to receive the vaccine at a facility that is equipped to deal with an allergic reaction, such as a doctor's office, and not at a pharmacy or drive-through.
- Write down **the name of the vaccine, brand and lot number when getting the vaccine.** You can ask to take a photo with your phone.
- Those that have had cosmetic fillers within the last 6 months should take additional precautions
- Following vaccination, **call your doctor with any side effects.**



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Homeopathic remedies:

Homeopathic remedies taken before and after a vaccine can help reduce side effects.

- ***Thuja Occidentalis 30c*** – take 3 pellets dissolved under the tongue one hour before the vaccine, another dose right after and a 3rd dose that evening if needed.
 - ***Apis mellifica 30c*** - if you have an allergic reaction to the vaccine take 3 pellets dissolved under the tongue every 5 minutes, notify the doctor right away, use an epi-pen if you have one **and go straight to the ER.**
 - ***Gelsemium 30C*** – if you have fever, chills, body aches and headache after the vaccine take 3 pellets dissolved under the tongue every 15-30 minutes until the symptoms resolve.
 - ***Bryonia alba 30c*** – if you have a headache and cough following the vaccine, take 3 pellets dissolved under the tongue 3-4 times/day until symptoms resolve.

Diet/Lifestyle:

- Eliminate all sugars for 12 hours before and after a vaccination. Research shows that moderate consumption of sugar can weaken the immune system by 50% for 4 hours after consumption.
- Eat a healthy diet with plenty of green leafy vegetables and green vegetable juices.
- Eat plenty of glutathione-rich foods as they assist your body in eliminating toxins – these include asparagus, avocado, broccoli, cabbage, kale, garlic, spinach, okra, onions and carrot.
- Bone broth is beneficial before and after vaccination.
- Brussels sprouts are rich in glutathione and are also very high in sulforaphane which can be helpful to eat for a few days following a vaccine.
- Eat enough fiber to ensure regular daily bowel movements for the weeks following the vaccine. If necessary add magnesium citrate 250-600 mg at bedtime or Super Aloe 1 capsule at bedtime.
- Take an Epsom salt bath 2-3 times a week following vaccination to support detoxification.

Most essential:

- Vitamin D3 – take 10,000 IUs per day – Vitamin D3 is an integral part of the immune system and deficiency has been linked with infections and other disorders.
- Vitamin C – take 1,000 mg twice per day.
- Zinc picolinate – take 50 mg per day.
- Omega-3 fish oil – take 2,000 mg per day with food.
- Monolaurin – take 4 capsules per day.
- Probiotic 20-50 billion CFU – take on an empty stomach, at least 20 minutes prior to food. Probiotics have been shown in research to decrease vaccine side effects.
- Activated charcoal – wait 2 hours after the vaccine and **take one dose only**. Take 2 hours at least away from medications or supplements, as it can reduce absorption.
- If there are methylation issues or a known MTHFR mutation, take a methylated Vitamin B complex and in addition at least 800 mcg of methyl folate
- Avoid adding new types of foods, personal care products, household products, bedding and clothing – this is in order to prevent an allergic reaction which can distract the immune system.
- Stop smoking or vaping any substance for at least 2 weeks prior to vaccination.

Supplements can be purchased at LotusRain Naturopathic Clinic