

**LEARN:** [www.SinusitisWellness.com](http://www.SinusitisWellness.com)

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## Clean Your Nose/Boost Immunity

The goal of the Body Protocol is to:

- Rinse nose with saline and use CitriDrops Nasal Spray to remove antigens
- Supercharge and boost your immune system as much as possible since it is working overtime
- Get rid of *Candida* (if present) through diet and use of anti-fungals
- Balance your gut flora with probiotics (50 billion)
- Find out what foods cause you problems and adjust your diet accordingly



### Your Products:



(\*Indicate basic MUST DO steps.)

1. \*Clean nose well with saline 2x day. This removes the antigens causing the immune reaction in the sinus that causes the infection. Best is the Grossan® irrigator, next best is the Nasopure® squeeze bottle.
2. \*CitriDrops Nasal Spray® (anti-fungal) stays in the nasal lining to protect the tissues from mold between rinses.
3. \*Thymate® vitamins will raise the T-cell counts, especially the suppressor T-cells that reduce inflammation and really boost the immune system.
4. Sinus Defense® & BetaMax 500®: Sinus Defense provides immune resistance to mold. BetaMax 500® improves the effect of Sinus Defense 300% by raising the number white cells that remove mold from the body.
5. Your gut makes up about 70% of your immune system, replenish the good flora with a probiotic. Aim to ingest 50 Billion CFUs a day. (\*Antibiotics kill good flora along with bad bacteria. Supplement with a probiotic when on antibiotics or chemotherapy.)
6. Have *Candida*? Use Candida Rid (anti-fungal) and follow a Candida/Gluten Free diet. Having an ALCAT food sensitivity test is recommended.

Products can be found on [www.microbalancehealthproducts.com](http://www.microbalancehealthproducts.com)

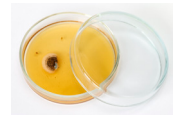
## Clean Your Home & Clothes

Environmental Protocol facts:

- Break the cycle of mold reaction by FINDING & REMOVING mold in your home
- Mold requires a moisture level of 50% or more to grow
- Your body is a moist environment, mold can multiply faster than you can remove it which is why you should use candles and spray and a HEPA air filter
- Rinsing your nose for 2 minutes a day cannot counteract breathing in spores 24 hours a day

The goal for wellness is to reduce the mold counts to the following:

- **SLIGHT symptoms:** 0-4 colonies
- **MODERATE symptoms:** 0-2 colonies
- **SEVERE symptoms:** 0-2 colonies



### Your Products:



\*Use Mold Screening  
Test Plates!\*

1. HEPA air filter with EC3 Air Wicks on top. (Dr. Dennis recommends IQ Air®, followed by Whirlpool®) It is important that the air blows out of the top, so that it will evaporate the EC3 Air Wick liquid into the air. Put 2 air wicks on top of the HEPA air filter and put the date on it as it will stop working in 30 days. It will still have fluid in it, but it is not effective after 30 days. (Write date on wick container.)
2. \*Spray mist your entire areas daily for severe problems, or weekly for milder situations using EC3 Mold Solution Concentrate®.
3. Place an EC3 Candle® in each room you spend 1 or more hours in per day. The candle will remove the mold & mycotoxins from the air (not contents) in a 12'x12' room in 3 hours (For rooms larger than 12 ft. use more candles). If you have moderate to severe sinusitis, burn the candle continuously until you get a result, then use it 3 or more hours per day.
4. Wash all your clothes & linens with EC3 Laundry Additive®.
5. Wear **Wein Mini-Mate ionizer** around neck when traveling on airlines, or in ANY ENVIRONMENT where you are exposed to mold. Carry extra batteries. This will remove 98% of airborne mold &/or other organisms.



Scan for Environmental Kits and Products

[www.microbalancehealthproducts.com](http://www.microbalancehealthproducts.com)  
select Clean Your Home

NOTE: EC3 products use the NATURAL anti-fungal, antiviral & antibacterial action of safe seed extracts.