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CONCIERGE PERSONALIZED CARE  
GYNECOLOGY • HORMONE THERAPY  
INTEGRATIVE MEDICINE

## Acute Respiratory Infection

For Symptomatic Treatment of any *acute upper respiratory infection* start all the following:

- **A-Mulsion** by *Genestra*: 30 drops at dinner for THREE days only
- **Vitamin D Drops** by *Seeking Health*: 1 full dropperful with dinner for THREE days only
- **ImmunoZn (Zinc) Lozenge** by *Designs for Health*: 1 lozenge 3 times/day with meals until well
- **Optimal C Powder** by *Seeking Health*: 1 scoop in water 3 times/day with meals until well.

For sinus or chest congestion, ADD:

- **Inhalation: Combine Eucalyptus Essential Oil AND Red Thyme Essential Oil, as follows:**
  - Boil pot with 2 inches of water.
  - Remove from heat.
  - Add **2 drops only** of EACH one of the essential oils to water.
  - Put face over pot with towel over head.
  - **Inhale** 20 deep breaths.
  - Do this at least 3 times a day
- **Biocidin Drops** – use to help clear nasal passages
  - Add 10 drops in a *Neti Pot*\* using boiled or distilled water  
*Instructions:* \*<https://www.healthline.com/health/how-to-use-a-neti-pot>
  - **Rinse** nasal passages at least 3 times/day.

For Sore throat:

- **Biocidin Advanced Formula Throat Spray**: 2 sprays to back of throat every hour until symptoms resolves.

For Sleep Aid:

- **Liposomal Melatonin** by *Quicksilver Scientific*: 1-2 pumps (1-2 mg) before bed
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