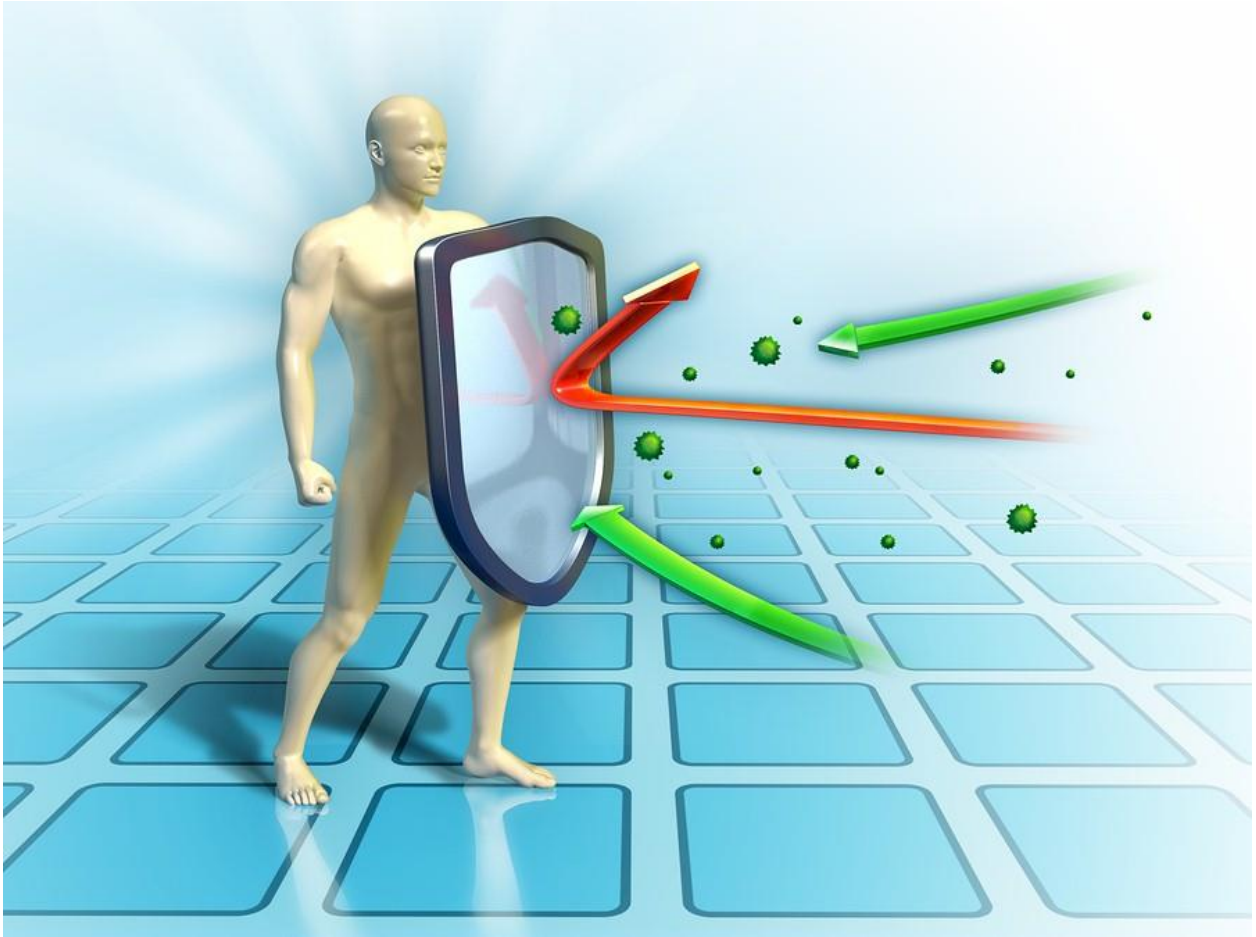


LOTUS BE WELL

# VIRAL PROTECTION & IMMUNE STRENGTHENING GUIDE



## LOTUS BE WELL OFFERS

### IN-STORE, ONLINE & CURBSIDE SUPPLEMENT PICK-UP

Call (262) 457-2222 to place an order; (262) 208-0699 for virtual shopping/text via facetime;  
Online shopping at [Vagaro.com/LotusBeWell](https://Vagaro.com/LotusBeWell)

In-Person or Curbside pick-up in front of Lotus Be Well  
47 N. Main Street, Hartford, Wisconsin



# VIRAL PROTECTION & IMMUNE STRENGTHENING GUIDE

The immune system's function is to protect the body from toxins, viruses and bacteria that attack your body when you come in contact. The immune system is known as the "gatekeeper" for what gets in and what stays out of your body. When the immune system is working, toxins, viruses, and bacteria don't have a chance. When it's not, the floodgates are wide open. The key is to consistently boost the immune system all year long.

How do you know when your immune system is strong? You don't get sick. If you get the flu or a cold, your body failing to stop the toxins/viruses/bacteria before they get in. When you recover, it's proof that your immune system was able to eliminate the invader.

A strong immune system starts with a healthy lifestyle. Every part of the body functions better when it is fueled with healthy foods, immune boosting supplements, positive environment, and minimal stress. Here are some easy tips for a stronger immune system:

- Regular exercise.
- Enjoy the outdoors (sun and dirt!).
- Relieve stress.
- Get enough sleep.
- Keep your gut healthy (this is where the immune system lives).
- Boost your fresh fruits and veggies intake.
- Supplement your diet all year long.

## VIRUS PROTECTION & IMMUNE STRENGTHENING

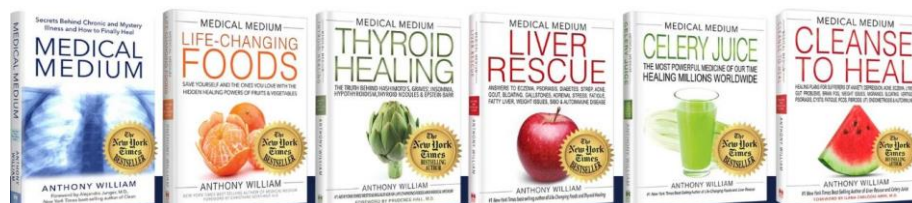
### Anti-Viral & Anti-Bacterial Products



It is suggested that both Spirit's Rx Patho-Purge: EBV and Patho-Purge: Strep should be taken together. In most instances, when we succumb to a viral attack, bacterial co-factors contribute to additional decrease in the body's immune function.

Patho-Purge EBV (anti-viral) : 1oz., \$15; 2oz., \$36; 4oz., \$49.00

Patho-Purge Strep (anti-bacteria) : 1oz., \$16; 2oz., \$36; 4oz., \$54.00



Medical Medium Books available for purchase at Lotus Be Well. The Anti-Viral and Anti-Bacterial products are based off of Medical Medium's advice and Tricia Hoehn's additional proprietary blend.



## Elderberry Syrup

Elderberries are one of the most effective remedies for viral and bacterial infections such as colds and flu and can substantially shorten the duration of illness; they are also an immune booster. Elderberries contain special proteins and bioflavonoids that have the ability to destroy viruses on contact that infect cells in the body. Elderberries are also known to have the ability to significantly enhance immune function by boosting the production of cytokines in the body. In addition, they are very beneficial for bronchial and respiratory problems and can help loosen and expel congestion in the lungs.

**Elderberry Syrup (liquid)** : 8oz., \$24.00

**Elderberry Syrup DIY Kit** (contains organic elderberries, rosehips, ginger, cinnamon and cloves) : makes 16oz., \$15



## Vitamin C Supplements

Vitamin C is an antioxidant that feeds your immune system. On top of which, the viruses that are responsible for symptoms and conditions are highly allergic and sensitive to vitamin C. While protecting your own cells from oxidation, vitamin C has the ability to oxidize a pathogen, causing it to become injured, breakdown, and disperse.

Products Available:

**Tachyon Pure C (powder)** : 1.7 oz., \$35.00 and 3.5oz., \$53.00

**OHS Whole C (chewable tablet)** : 60 tablets, \$20

**Micro C w/Rose Hips (capsules)** : 180 capsules, \$48



## HEALTH BENEFITS OF



- Antioxidant Support
- Adrenal Function
- Healthy Connective Tissue and Blood Vessel Synthesis
- Support of Normal Immune System Function
- Synthesis of Carnitine, Neurotransmitters, and Collagen
- Protects Against Heart Disease and Cancer



## Zinc

Zinc feeds the immune system, providing it with one of the most critical trace minerals for the immune system to function optimally. If we don't have enough zinc in the body, our immune system may overreact or underreact to an invader such as a virus. Viruses are allergic to zinc; the mineral repels and weakens them, even making pathogens docile, which allows the immune system to kill off and eliminate the pathogens more quickly.

**Vimergy Liquid Zinc Sulfate (liquid) : 3.88oz., \$30.00**  
**Spirit's Rx Liquid Zinc Sulfate (liquid) : 1oz., \$16.50**

## B12



Nearly everyone is deficient in vitamin B12. The body relies on B12 for tens of thousands of daily functions and when we experience any kind of illness, the body utilizes the B12 rapidly. Vitamin B12 with the combination of adenosylcobalamin and methylcobalamin, can help protect your entire body from neurotoxin damage from viruses.

One-ounce bottle for a 30-day supply; two-ounce bottles for a 60-day supply, three plus ounce bottle for 90+-day supply.

**Vimergy B12 (liquid with adenosylcobalamin and methylcobalamin) : 3.88oz., \$89.00; 1oz., \$28.00**

**Global Healing B12 Blend (2,500 mcg liquid with adenosylcobalamin and methylcobalamin) : 2oz., \$34.95; 1oz., \$19.95**

**Mary Ruth B12 (Spray with methylcobalamin) : 1oz., \$23.95**



## Lemon Balm

Lemon balm is an incredible antiviral herb that fights off all kinds of viruses. In addition, lemon balm soothes the nerves and linings of the stomach and intestines, helps reduce fear, worry and stress while supporting the adrenals.

**Vimergy Lemon Balm (liquid) : 3.88oz., \$25.00; 1oz., \$8.00**





## Cat's Claw

Cat's claw is one of the most powerful antivirals on the planet. It is one of the best tools against all viruses, sinus infections, sore throats, earaches, UTIs, bloating, SIBO, IBS, migraines, lung infections and more.

**Vimergy Cat's Claw (liquid) : 3.88oz., \$26.00**



## Nettle

Nettles are known to help relief bronchial ailments such as chronic coughing, chest congestion, COPD, and TB. Nettles are also powerful enough to help eliminate viral and bacterial infections and aid in removing excess fluids in the body by acting as a natural diuretic. Great addition for pain.

**Nettle (liquid) : 3.88oz., \$31.00**



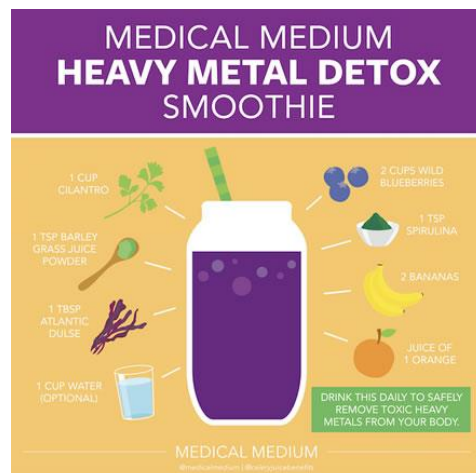
## Spirulina

Spirulina strengthens the immune system and helps stop viral growth. The natural iodine content in spirulina is very effective at acting as an antiseptic against viral cells. It is an immune-enhancing nutraceutical with an abundance of phytochemicals, antioxidants, carotenoids, beta glucans and sulfolipids. As a superfood, Spirulina's nutrient profile is richer than that of any other food, plant, grain, or herb. Mix in water, juice or a smoothie. Take 1-2 times per day. Note: Tachyonizing Spirulina increases all of these benefits exponentially.



**Vimergy Spirulina (Powder) : 8.8oz., \$30.00**

**Tachyon Spirulina (Tablets) : 200 tablets, \$39.48; 75 tablets, \$19.00**





### **Barley Grass Juice Powder (NOT Barley Grass Powder)**

Barley Grass Juice powder is especially high in chlorophyll, which helps to inhibit the growth of disease bacteria, along with balancing the PH of the body to promote excellent health and immunity. Barley Grass Juice powder has been shown to strengthen the immune system, alkalize the body, increase energy, aid digestion, relieve constipation, and improve health of skin, hair and nails. Mix 1-2 tsp. in water, juice or a smoothie. Take 1-2 times per day.

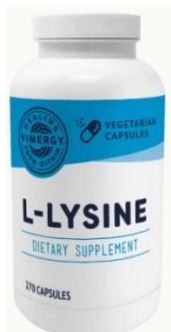
**Barley Grass Juice Powder : 8.8oz., \$50.00**



### **Oregatrex**

Oregatrex contains premium, certified organic oregano oil blended with peppermint oil and cayenne pepper for enhanced potency. It's rich in vitamins, minerals, and antioxidants that naturally support your digestive health, immune system, and respiratory wellness. Take 6 drops, twice a day before meals.

**Oregatrex (liquid with capsules to fill) : 1oz., \$24.95**



### **L-Lysine**

L-Lysine is critical for lowering the viral load in your body. It impairs the ability of viral cells to move and reproduce. Viruses hate lysine. It's like the powder that comes out of a fire extinguisher—a viral retardant that deters viruses from proliferating. L-lysine strengthens the immune system in the liver and aids in some of the organ's most important functions.

**L-Lysine (capsule) : 270 capsules, \$28.00**



### **HempMeds Immune Support**

HempMeds Immune Support is a full spectrum CBD with turmeric and black pepper that boosts your immune system. Ingest 1-2 capsules, 2 times per day.

**HempMeds Immune Support (15 mg capsule) : 30 capsules, \$54.99**



### **Zand Elderberry Zinc Herbalozenge (Lozenges)**

Zand® Herbalozenge® products combine a soothing blend of herbal extracts with pure brown rice syrup to make great tasting lozenges that are free of corn syrup, sucrose, or cane sugar. These naturally delicious lozenges are free from artificial colors, sweeteners and flavors and are formulated with a proprietary herbal blend plus zinc to support healthy immune function. Ideal for natural throat soothing all year round.

**Zand Elderberry Zinc Lozenges** : 15 lozenges, \$2.99



### **Organifi Immunity Superfood Boost**

Organifi Immunity is an immunity-boosting superfood blend which can help fight the symptoms AND duration of colds and flus. This formula combines the helpful nutrients you already know, like Zinc, Vitamin C and Vitamin D3, with revolutionary new discoveries, like Ultrasonic-Extracted Mushroom Beta Glucans! Also includes orange juice powder, acerola extract, turmeric, olive leaf, and ginger. It's tradition and modern science, combined. Mix one packet with 8-10oz of water 1-2 times per day.

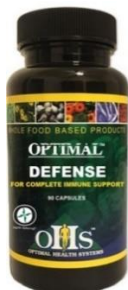
**Organifi Immunity (powder)** : 14 Single Serve Packets, \$39.99



### **OHS Optimal Natural Z Pak**

Provide your body with over 21 billion CFU of friendly flora and over 50 nutrients in carefully calculated amounts so they synergistically work together and give your immune system a massive boost and/or recover from illness faster.

**Optimal Natural Z Pak (7 supplements/pak)** : 30-day Supply, \$49.95



### **OHS Defense**

Our immune system is bombarded by pathogens every day. Give your system the boost it needs with the most powerful and effective immune-supporting ingredients backed by research, including colostrum, echinacea, beta glucan, and DDS-1 lactobacillus acidophilus. One to four capsules morning and night.

**Defense (capsules)** : 90 capsules, \$32.00

## IMMUNE DEFENSE KIT

At Lotus Be Well, it is our mission to elevate the health and wellbeing of our members and our community at large. We have assembled this immune defense kit filled with quality, natural products to assist you on your journey to stay strong and BE WELL. This Kit can be used as an intensive for immune boosting/viral protection or a convenient all-in-one immune boosting/viral protection Kit. GREAT FOR TRAVEL!

**Immune Defense Kit (7 products/pak) : \$79.00 (\$86 value)**

### Included in this Kit:

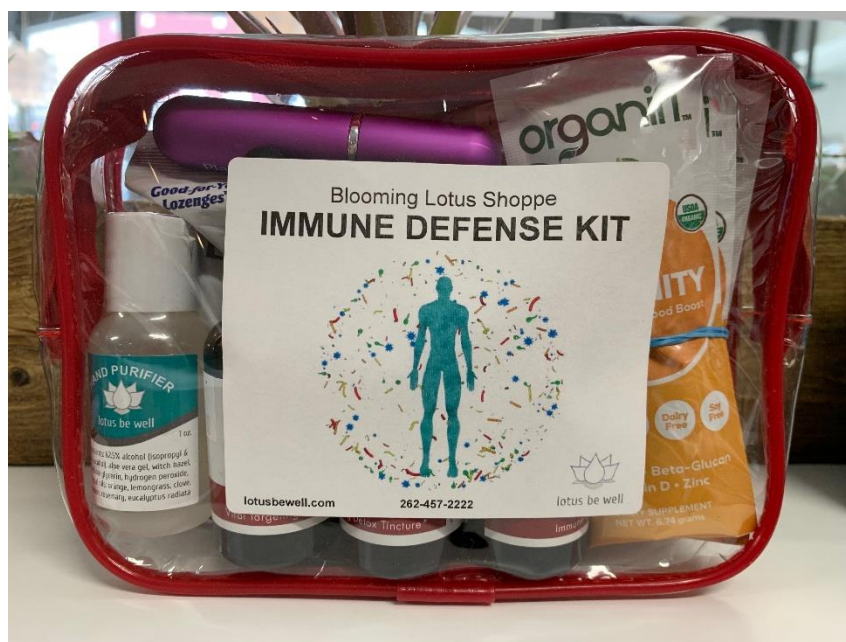
**Spirit's Rx: Patho-Purge: V, 1oz.** (viral-targeting herbal tincture), **Patho-Purge: B, 1oz.** (bacterial-targeting herbal tincture), **Zinc, 1oz.** (immune boosting with anti-viral & anti-bacterial properties). From Trish Hoehn's (founder of Lotus Be Well) personal product line; inspired by the work of Anthony William, The Medical Medium. DIRECTIONS: take one dropperful of each 2x/day; can be taken together in small amount of water.

**Organifi: Immunity, 7 single.** – a powdered superfood high in Vitamin C, Beta-Glucan, Vitamin D & Zinc to boost the immune system. DIRECTIONS: Mix one pack with water or mix into juice/smoothie daily.

**Zand: Elderberry-Zinc Lozenges. Quantity 15.** - an herbal blend enhanced with Zinc to support the immune system. DIRECTIONS: Allow 1 lozenge to dissolve in mouth; use for added immune boosting up to 6 per day (see directions).

**Plant Therapy: Aroma Diffuser, Quantity 1.** - This diffuser has been pre-filled with Plant Therapy's essential oil blend, "Immune Aid." DIRECTIONS: Remove cap and inhale the scent deeply through the nose throughout the day.

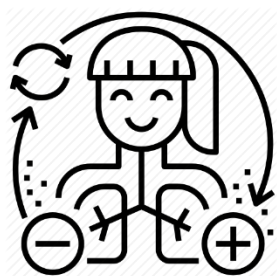
**Lotus Be Well: Hand Purifier, 1oz.** - Frequent hand washing with hot water and soap for 20 seconds is best but add this in as needed for a quick and convenient way to purify hands. Remember to get between the fingers, under nails and backs of the hands too!





## DETOXING THE BODY TO STRENGTHEN THE IMMUNE SYSTEM

Cleansing or detoxifying the body is a process that lightens the pathogen and toxin load within the organs, systems and glands. A cleansed body is one that can function more effectively and efficiently including improved digestion, lymphatic drainage and immune strength.



### **Detoxosode Detox Kit (Members Only) : 37-48 day kit, \$85.00**

A gentle, homeopathic system for detoxing organ systems, chemicals, heavy metals, and viruses. Simply drink 2 tsps. in the morning and 2 tsps. in the evening.

### **OHS Soft Cleanse (6 supplements / pak) : 30-day supply, \$59.95**

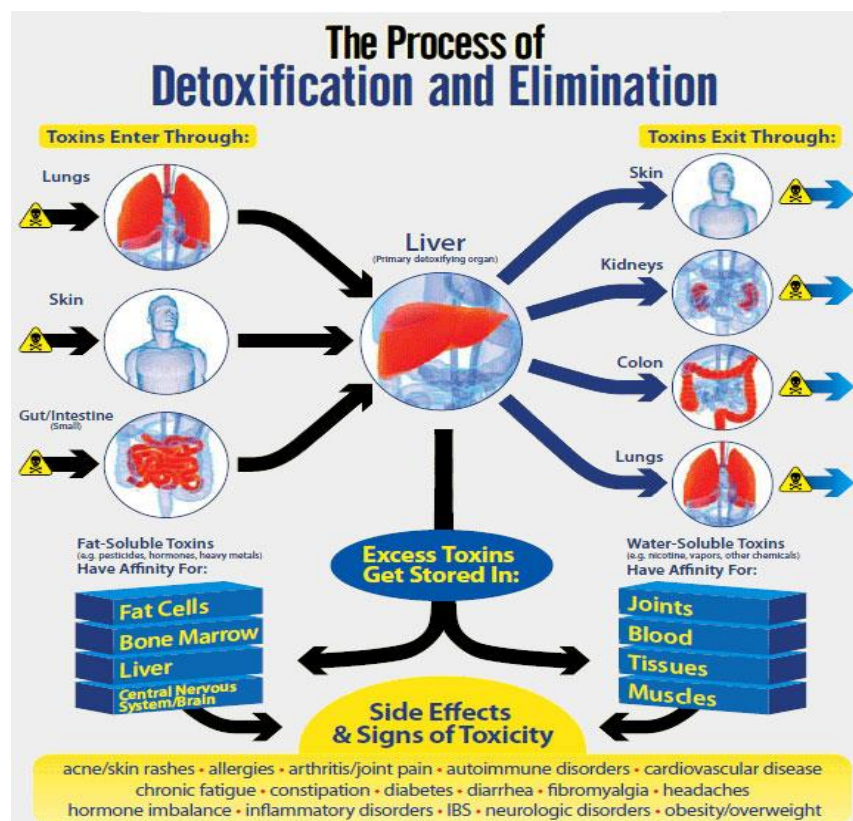
Combines two formulas and utilizes a proprietary chlorella herb and patented glutamine blend to aid in cleansing. The Cleanse safely removes metal toxins, improves energy, and balances the bowels.

### **Oxy-Powder (120 capsules) : 30-day supply, \$29.95**

Gas, bloating, constipation? Oxy-Powder uses natural oxygen to safely and effectively melt away compacted feces from your intestinal tract. Cleanses and Detoxifies; Optimizes Digestive Health; Supports a Healthy Gut.

### **Liver Detox (30 capsules) : 30-day supply, \$29.95**

Natures strongest liver boosting superfoods – Milk Thistle, Artichoke Leaf Extract (Altilix), Dandelion Root and Triphala.



## NUTRIENT-DENSE SUPERFOODS



### OHS Complete Nutrition (Vanilla & Chocolate) : 30 Servings, \$59.95

Optimal Complete Performance is a balanced protein powder complete with vitamins and minerals. By making the most nutrient-dense forms of proteins, carbs, and fats bioavailable, we ensure you will have all the nutrients needed to restore energy and help create lean, calorie-burning muscle. This is a popular formula many professional athletes and teams use.

Suggested Nutritional Support Uses:

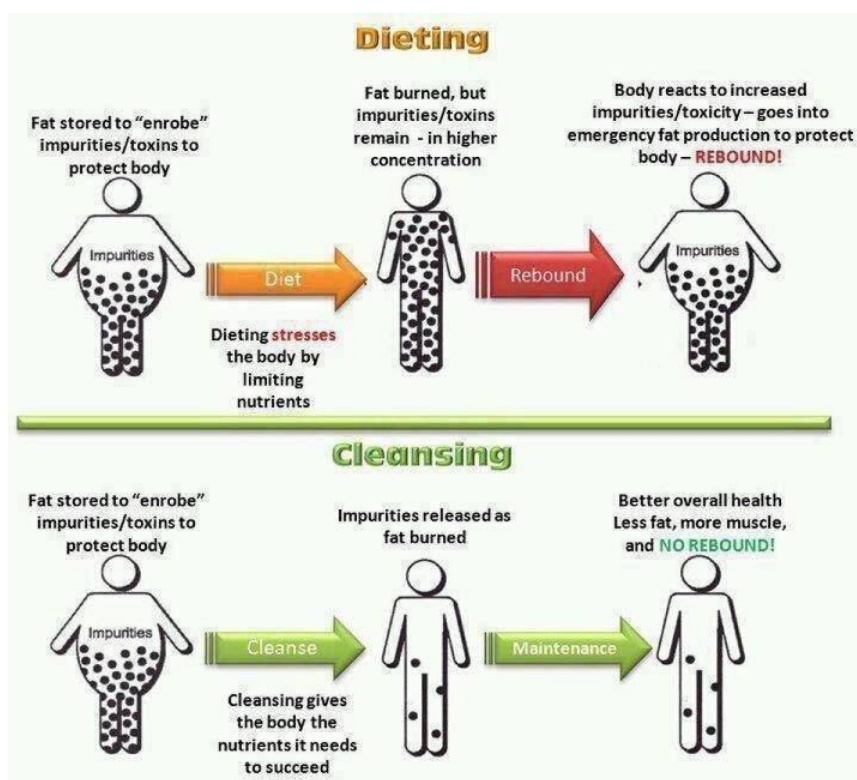
- Immediately after workouts to ensure the best possible results
- Supplement diets lacking in proper protein intake
- High-protein snack
- Great-tasting replacement for junk food

### OHS Fruit & Veggie Plus : 450g, 30 Servings, \$54.95

Raw freeze-dried fruits & vegetables. Contains 14 fruits and vegetables, Organic Juice from 10 different fruits and veggies, Herbs & Extracts from 14 sources; all chosen for their high antioxidant capacity. Contains over 650,000 ORAC units.

### Organifi Protein : 2.54 lbs (30-day supply), \$79.95

Enjoy a fully-balanced organic meal, your daily multivitamin, and 20 grams of protein all in one delicious, easy-to-mix shake. Contains pea protein, quinoa, pumpkin seed, coconut, vanilla bean or chocolate, monk fruit, whole-food vitamins, and digestive soothing enzymes. Available in chocolate and vanilla.



## PLANT THERAPY ESSENTIAL OILS



### **Defender (Kid Safe) : \$26.95**

Citrus Aurantium Dulcis (Blood Orange) Peel Oil, Boswellia Carteri (Frankincense) Gum Oil, Lavandula Intermedia (Lavandin) Flower/Leaf/Stem Oil, Citrus Paradisi (Pink Grapefruit) Peel Oil, Citrus Limon (Lemon SD) Peel Oil, Juniperus Communis (Juniper) Fruit Oil, Origanum Majorana (Sweet Marjoram) Flower/Leaf/Stem Oil



### **Immune Aid : \$8.95**

Contains the 100% pure, undiluted essential oils of Frankincense Serrata, Tea Tree, Rosemary, Cineole, Lemon, Eucalyptus, Sweet Orange.

### **Germ Fighter : \$14.95**

Contains the 100% pure, undiluted essential oils of Lemon, Clove Bud, Eucalyptus Globulus, Cinnamon Cassia, Rosemary, Cineole.

### **Respire Aid : \$9.95**

Contains the 100% pure, undiluted essential oils of: Eucalyptus, Pine, Peppermint, Lavender, Spruce, Cypress, Marjoram.



### **Immune Boom (Kid Safe) : \$9.95**

Specifically formulated for children ages 2-10. This synergy contains 100% pure, undiluted essential oils of Lemon, Palmarosa, Dill Weed, Petitgrain, Copaiba Oleoresin and Frankincense carteri.

**A wide variety of single oils available; call for prices.**



**Contact [Tracy@LotusBeWell.com](mailto:Tracy@LotusBeWell.com) for DIY recipes.**