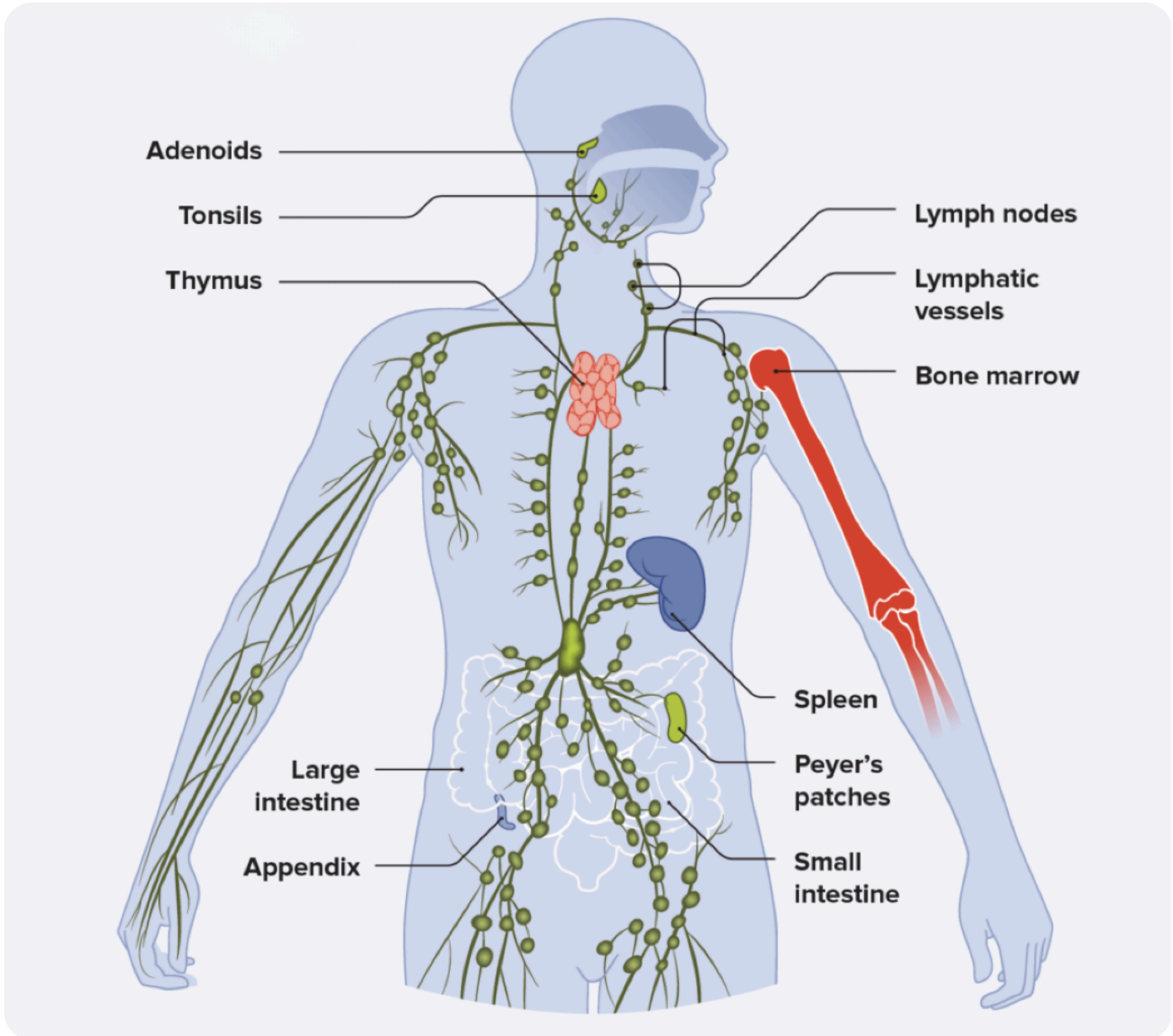




# Immune Health



## Immune System Support

The Immune system is the back bone of overall health so supporting and boosting it is a priority, especially around this time of year when we are gathering with family and friends more often and have more exposure to illness.

Your immune system is a complex network of cells, tissues, and organs that defends the body against infections. Your immune system is your first line of defense (innate immunity) and it is also tailored to respond to specific antigens that it recognizes (adaptive immunity).

## How do I support my immune system?

- **HYDRATION:** This is vital in making sure that your immune system has a good foundation supporting it. Ensuring proper hydration is essential for bodily functions such as cellular function, nutrient transportation, regulating body temperature, promoting detoxification, inflammation, and supporting mucous membranes in the respiratory and GI tracts. To make sure that the water is properly absorbing into your cells, add in a packet of electrolytes into 40oz of water a day! Try and avoid electrolytes that are packed with sugars.
- **IV THERAPY:** The best way to guarantee absorption of vitamins and minerals into the body is through IV because we can bypass the GI tract entirely. At our office, we offer an Immune IV and Immune Boosting Injections. Our IV's are packed with Vitamin C, Lysine (antiviral), B-Vitamins, and other minerals followed by an antioxidant push of Glutathione. We also offer a homeopathic injectable that will boost your immune system and is safe for all ages!
- **SUPPLEMENTAL SUPPORT:** We all know that WVNC loves our supplements. We have some items on our shelves that made to specifically target the immune system and they come in capsule, tablet, and tincture form!
- **DIET:** A balanced diet provides essential vitamins and minerals that support immune function. Around the holidays, this may be more a struggle than in your normal day to day life. Some tips to include this holiday season in regards to diet: aim to fill your plate with a variety of colors (fruits/vegetables) to maximize nutrient intake and include proteins such as chicken, fish, legumes and nuts!

### Supplements of the Month

The following supplements are **15%** off for the month of December:

**Core Nutrients:** Support from Core Nutrients replenishes depleted nutrient reserves and promotes whole-body health and balance by establishing a cellular foundation of optimal energy production, detoxification, and cellular resilience. **This is a great Multivitamin.**

**Ozonated Glycerine 10% Nasal Spray:** Recommended for having on hand during the cold and flu season. 2 sprays each nostril 2-3 times per day to help with prevention of sinus infections or to treat them - perfect for when traveling.

**Ozonated Glycerine 10% Nebulization Solution:** This is perfect for when you are coming down with sinus or chest cold symptoms or need to prevent a cold from going into your lungs

**Ozonated Glycerine IV:** All of the great benefits of our 10 pass Hyperbaric IV Ozone therapy without needing to have great veins.

**Immunity IV:** This is perfect for prior to traveling and for when you get back from traveling. Recommend this IV for when you feel like you are getting sick or if you have an event coming up and cannot afford to get sick.

---

## How do I support my immune system?

- **STRESS MANAGEMENT:** The holidays are the best time of the year, but they can also be the most stressful time of the year. Stress will put your immune system on the back burner, allowing all sorts of germs and viruses to take over your body. Some tips for stress management this holiday season include:
  - **GROUNDING:** Disconnecting from the internet including social media, cell phones, and headline news can bring you back into alignment where your intuition and personal guidance come from. Get out into nature whenever you can and hug a tree - yes, hug a tree, they will destress you.
  - **MINDFULNESS AND MEDITATION:** Engage in being present in the moment and doing things that bring you joy!
  - **PHYSICAL ACTIVITY:** Regular exercise and stretching help reduce stress hormones.
  - **BREATHING TECHNIQUES:** Alternate nostril breathing, deep breathing, and being mindful of breathing are all great ways to bring the nervous system out of fight or flight mode helping to reduce stress levels.
  - **LIMIT STIMULANTS:** Items such as caffeine, nicotine, and alcohol can cause the body stress and anxiety.

## Ozonated Glycerine

Ozonated Glycerine is the new kid on the block that is a blast from the past. First utilized and discussed by Dr. Marchand back in 1895, it has resurfaced. Ozonated Glycerine is one of the most versatile forms of ozone that we have. It can be administered as an IV, used topically, orally, intranasal and as a nebulizer. Having this solution on hand is great for use prior to getting on a plane, while traveling and after to help to keep the sinuses and nasal passages clear. As a nebulizer, it is great for lung infections or to prevent them during the cold and flu season and as a systemic treatment.

## OFFICE UPDATES

- **Holiday Office Closures:**

- The office will be closing early at 3pm on Christmas Eve (12/24)
- The office will be closed on Christmas Day (12/25) and the day after Christmas (12/26). We will resume normal business hours on Monday, 12/29.
- We will be closed on New Years Day (1/1/26) and we will resume normal business hours on 1/2/26.

- **Dr. Rada will be out of the office 12/24/25, 12/31/25 and 1/2/26**

- **Dr. Archambault will be out of the office from 12/24/25 - 1/5/25**

- **Dr. Rada's rates are increasing to the following starting on 1/1/2026**

- New Patient Appointment: \$475
- Follow ups:
  - 60 minutes: \$375
  - 45 minutes: \$250
  - 30 minutes: \$200
  - 15 minutes: \$150

## Hear from our Doctors



Dr. Huynh gives more information about how our Immune IV can help support you throughout this holiday season!



Dr. Nguyen discusses the multifaceted supplement, Vitamin D, and all of the benefits it provides us!