

INTEGRATED HEALTH CARE

IMMUNE-X

Immune-X is a **Homeopathic Remedy developed by Dr Bryan Hale** at Integrated Health Care to help BOOST your body's immune system.

It Contains:

1. The Homeopathic preparations of the Flu Vaccinations from 1998-2018.
2. Immunoglobulin A & E (homeopathy) to stimulate antibodies against infection on the mucous membranes in the sinuses, mouth, nasal passages, lungs and also on skin.

This product replaces the Flu Prevention Remedy developed in 2008.

It works by:

1. **PREVENTION:** administer 2 squirts per day for 3 consecutive days each month in Autumn, Winter and Spring (March-November) to *stimulate* the body's immune response.
2. **TREATMENT:** the remedy is effective in reducing the *severity* and *duration* of cold and flu like symptoms when used at their onset (see FAQ for dosing).

Although a full clinical study has not been performed, from observations and feedback, we do not know of anyone who has contracted 'The Flu' if they have taken the said Remedy as suggested during Autumn, Winter and Springtime months. Feedback has also been positive from patients who have taken Immune-X daily at the first signs of a cold or flu.

Feedback on this remedy is valuable to us. You can do this by contacting us by email at info@integratedhealth.co.nz

Frequently Asked Questions

Q. Who can take Immune-X?

A. it is safe to give to babies, young children right through to the elderly.

Q. How often do I take Immune-X?

- 1) **Prevention:** administer 2 squirts per day for 3 consecutive days of each month in Autumn, Winter and Spring (March-November)
N.B. ages 0-2 does is one squirt for 2 days.
- 2) **Treatment:** take up to 6 times per day until symptoms relieve, then decrease frequency of dosage as symptoms ease. Stop taking the remedy once symptoms stop.

Q. Are there any side effects?

A. A few people have reported that they have felt 'Flu' or 'Cold-like' symptoms when they first take Immune-X. This is a good response as it shows that their Immune System is being stimulated and challenged (most people don't notice anything).

Q. Can I have the Flu Vaccination and take Immune-X?

A. Yes as long as you don't react to the vaccination. Ask one of the practitioners to check you. Many of our patients choose to have the Vaccination and take Immune-X monthly, as suggested, for extra protection. The added bonus is that you can use 'Immune-X' if you feel symptoms developing

Q. Do I need an appointment or can I buy Immune-X from reception?

A. You may purchase it from reception but we would appreciate your contact details for follow up purposes

Q. Is one bottle of Immune-X enough for a family of 4?

A. Yes, there are approximately 50 doses per bottle

Q. Do I need to buy a new bottle of Immune-X each year?

A. In previous years we have 'topped up' older remedies with the current years Remedy but upon testing, a lot of the older remedies had become inactive due to being placed in excessive heat or sunlight. We therefore only sell this year's Remedy

NB All Homeopathic remedies should be stored away in a dark and cool environment