

The Cold and Flu Shock Treatment

Renata Reinhart's Protocol

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The common cold has been a part of our lives and existence as far back as anyone has been able to trace. It is caused by Rhinoviruses, Adenoviruses and a number of others, and they have the unique ability to change sufficiently, so that the acquired immune system is unable to recognize or identify them. This same distinction makes it impossible to create vaccines against the common cold, because there are 100s of these viruses and they keep changing continuously.

When we get infected with the common cold, it is our innate immune system that responds, and it works like a sledge hammer. In fact it raises a general inflammation, and even children are usually able to recognize the typical early symptoms: obvious discomfort, body aches, malaise, a dull headache, thirst and a lack of normal appetite. Most of these signs appear about 8 hours before the actual sore throat, the runny nose, cough and all the other regular aspects of the common cold.

This is where it gets interesting, because these early and very characteristic signs, that our innate immune system has gone on war footing, provides us with that very brief window of opportunity, to work with the immune system, to stop the virus and terminate it, before it can reach full force and effect.

The average complete incubation of the common cold is little more than 8 hours, and if we want to take action to try prevent the full blown cold or flu from occurring, we need to act within 3 to 4 hours, or earlier, from the moment we realize what is happening. That is the key to the Shock Treatment. The earlier we act, the better the outcome.

Should it happen, for example, you are at work, and you feel the onset of a cold or flu some time during the morning hours, you may think, I will take something for it when I get home. That will not work within this very short, defined time limit. I can only suggest to keep a small supply of the necessary ingredients both at work, at home, at the cottage or whatever, since they are inexpensive anyway.

And the elements are Echinacea and Ginseng. Now I know, many readers will say, I know that, I have used those scores of times. Yes, quite possibly, but not likely the way I will explain. They have to be used this very specific way, then they work forcefully and very effectively. The Echinacea has to be the so called standardized version with 4% Phenolic Compounds and the capsule size is 1 gram (1000 mg). The Ginseng can be any good variety of Panax Ginseng (Korean, Siberian, American, Canadian, Chinese, etc.), and the size should be 500 mg per capsule.

As mentioned, it has to be taken as soon as you feel the onset of cold or flu and certainly within 3 to 4 hours to achieve the desired result. You have to take 6 of these 1 gram capsules of Echinacea and 3 capsules of the Ginseng 500 mg. together ideally with some fresh fruit. That can be apple, orange, pear, papaya, plum, pineapple, melon, banana or whatever is handy. Whole fruit is much better than juice. The key is the timing and the synergistic action of the two herbs. By all means drink water as well.

In many cases, just one single dosage at the right time will accomplish the destruction of the virus, but if you do not feel as if the virus is entirely out of your system within 4 hours, repeat the same dosage with fresh fruit 4 hours after the first treatment. That will usually do it. These two herbs do wonderful things when they are taken together. The synergy is indisputable. Neither herb will do much, if they are taken alone. Beyond the 8 hour incubation time for the virus, the Shock Treatment will have no discernable effect, and should not be repeated. The timing is the critical factor. Act immediately.

The dosage of 6 and 3 is based on a body weight of 150 lbs (about 68 kg). By all means adjust the dosage up or down according to your body weight. A wisp of 100 lbs should only take 4 and 2 capsules respectively. Pregnant or possibly pregnant girls and women should not use the Shock Treatment unless a physician has cleared it. The same applies to anyone suffering from any kind of chronic or degenerative disease. Check with a doctor.

Now, to help and try prevent any recurrence of colds and flu infections, you have to make sure you are well supplied in your daily nutritional regime with Vitamins A, C and D and that can rarely be accomplished without supplementation. The individual need for Vitamin A varies. The standard recommended dosage is just one small capsule of 10,000 IU, but I find those who are prone to cold and flu infections need much more. Personally, I take 3 capsules a day. Much the same applies for C and D. Anything less than 1 gram (1000 mg) of C doesn't do much and as for D, I suggest 5 small capsules of 1000 IU each, also available as drops. In addition to that, you should take one B-50 daily, as well as Zinc and Magnesium, and you will have a good defensive platform in place.

There is always a question of how well a large dose like the Shock Treatment is accepted by the digestive system. We are all very individual on that score, but these are generally mild herbs, and neither has a reputation for upsetting users. Keep in mind as well, both of these have been in use by our species predating recorded history.

If you like Renata's Shock Treatment, and you find it is beneficial, you may like to read my book "IN THE COURSE OF MY LIFE I", available from Amazon and many other book sellers worldwide.

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