

ANTECEDENTS

Immune deficiency:
 * congenital (ie. IgG subclass deficiency)
 * acquired
 * potential thymus gland disruption in utero

depleted sleep
 depleted diet
 sedentary

TRIGGERING EVENTS

Infections:
 Strep
 Lyme
 Micoplasma
 EBV
 Coxsackie

To treat or not to treat?
 - antibiotics can be a trigger

* Pesticides (wreak havoc on the gut)
 * Puberty
 * SAD

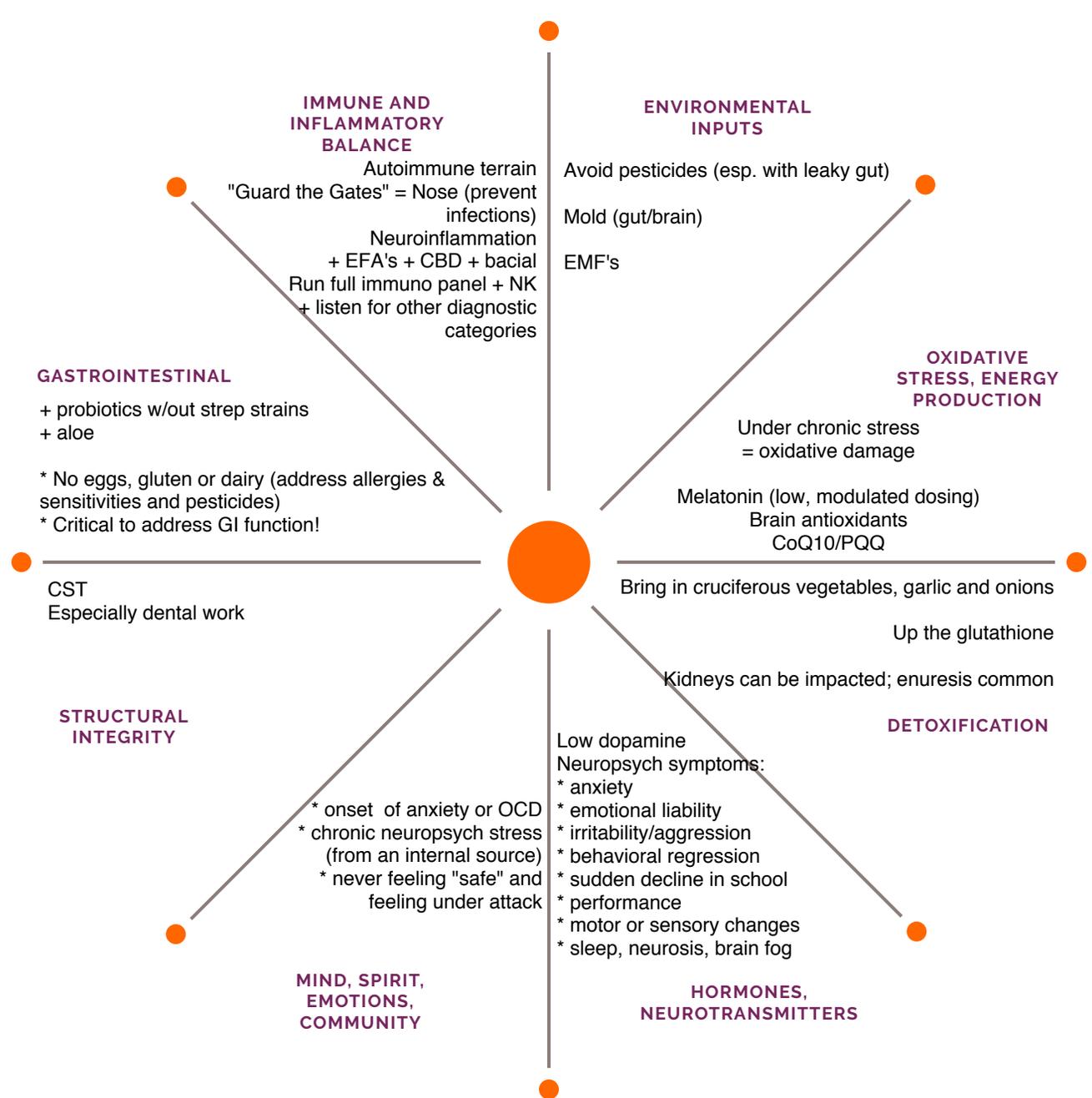
MEDIATORS

Olfactory protection:
 + nasal spray with colloidal silver
 + salt water gargle

Gut health is key!

Manage food allergies & sensitivities

- EMFs
 - mold



SLEEP/RELAXATION

* Sleep can be tortured, but is critical to address
 * Practice and implement breath work (and tuning into self)
 * Melatonin can be beneficial when used appropriately

EXERCISE/MOVEMENT

* Aerobic is more beneficial (perhaps due to getting O2 to brain)
 * Caution with "extreme" tendencies and extreme exercise

NUTRITION/HYDRATION

* Hydration: Post strep
 Frequent urination occurs
 Dehydration can occur
 * Spring water is best
 * Bioflavins and vegetables - avoid turmeric & boswellia which can increase dopa

STRESS/RESILIENCE

* Address adrenal depletion
 * Stay home when sick
 * Address dopamine overload (skullcap)
 + Laughter

RELATIONSHIPS/NETWORKS

Social isolation
 + online social networks
 + school interface