

# MAMA DOCTOR'S IMMUNE BOOSTING PROTOCOL

*the girlfriend doctor.*  
DR. ANNA CABECA

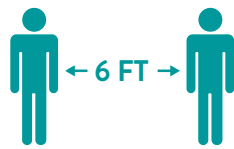
The Girlfriend Doctor: Dr. Anna Cabeca, DO, FACOG

## Hi,

My goddaughter Izzy has called me “Mama Doctor” since she was 2 years old. Keeping everyone healthy, from the youngest to the oldest, has always been a priority for me as I’m sure it is for you. I’m excited to share this immunity boosting bundle because a strong immune system is your first line of defense against illness. Having been in medicine for three decades I have used many protocols and truthfully, this is the best one for safe and fast results. Here’s to your health!

*XX. Dr. Anna*

## A healthy immune system will help your body fight bacteria and viruses.



### Your mama probably told you the standard things you can do to keep from getting sick:

- ☑ **Wash your hands** regularly for at least 20 seconds, especially after using the toilet, and before eating or putting anything in your mouth.
- ☑ **Use a safe, clean hand sanitizer** regularly and **don't touch your face**.
- ☑ **Avoid close contact with people who are sick**, especially indoors without adequate ventilation. This is where **masks** are especially effective.
- ☑ **Cover your mouth and nose** with the inside of your elbow when you cough or sneeze. (to protect others)
- ☑ **Move your body everyday** with activities you love.

### What your mama probably didn't know:

- ☑ **Focus on alkalizing foods** such as low sugar fruits, vegetables, nuts, herbs, herbal teas, greens and green juice, seeds, and lemons.
- ☑ Drink **Mighty Maca® Plus** every day.
- ☑ **Practice deep belly breaths** throughout the day to relieve stress.
- ☑ **Mama Doctor's favorite: Make lots of oxytocin!** Love well, laugh a lot, and think positive, supportive thoughts.
- ☑ **Hydrate well!** Drink 60 to 80 ounces filtered water daily.
- ☑ Get **Keto-Green®!**

# AND BOOST YOUR IMMUNE SYSTEM WITH:



## Ray of Strength • Immune Champion • Mighty Maca Plus • AmaZinc • Detox Warrior

As always, please check with your personal medical provider to determine what is best for you. But I wanted to share with you the immune support protocols I use with my family and patients. With over three decades of medical experience, this is what I have found to be my best immune support.

### Daily protocol to boost your body's defenses against future illness:

- Immune Champion (Superior blend of Vitamin C): 2 capsules per day
- Ray of Strength (Vitamin D3 & K2): 1 capsule per day (check blood level of Vitamin D 25 OH)
- AmaZinc: 1 capsule daily
- Detox Warrior (NAC): 1-2 capsules, 2x per day
- Mighty Maca Plus: 1-2 scoops in water 1x per day
- Minimize sugar intake and get Keto-Green!

### At the first sign of illness, day 1 we use:

- Immune Champion (Vitamin C): 4 capsules at once, then 2 capsules every 6 hours
- Ray of Strength (Vitamin D3 & K2): 5-10 capsules
- AmaZinc (Zinc): 3 capsules
- Detox Warrior (NAC): 2 capsules every 8 hours
- Mighty Maca Plus: 2 scoops in water every 6 hours
- Eliminate sugar - get Keto-Green!

### Once we start to manage the illness, we continue to boost our immune system during the following week with this nutritional support protocol:

#### DAYS 2 TO 7:

- Immune Champion (Vitamin C): 2 capsules every hour until you need to use the bathroom with a loose stool. Once this occurs, decrease to 2 capsules twice daily.
- Ray of Strength (Vitamin D3 & K2): 1 per day
- AmaZinc (Zinc): 2 per day
- Detox Warrior (NAC): 2 capsules, 3x daily
- Mighty Maca Plus: 2 scoops in water every 6 to 8 hours
- Sparkling water with 1/2 to 1 tsp Himalayan Salt and a squirt of lemon
- Sip on Hot Lemon water or herbal tea throughout day

*Medical Disclaimer:* Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Consult your medical provider before beginning these recommendations to address your specific medical needs.