

Preparing for a vaccination

Please talk with your pediatrician / PCP now to be sure your child can receive the **preservative free** type of vaccination, if available. There are preservative free types of flu vaccinations and a nasal mist (FluMist) available through your pediatrician / PCP.

Dr. Nathanson-Lippitt's tips to best prepare your child for vaccinations

Be absolutely sure that your child and everyone else in your household is healthy prior to vaccinations of any type. No slight fever, cold symptoms, etc.

Your child should take the following the day before, day of, day after he/she receives the vaccination:

Vitamin A: <6 months of age= 10,000 IU, 6-12 months=15,000 IU
12-24 months= 20,000 IU, 2-3 years= 25,000-30,000 IU
4-5 years= 40,000 IU, 6-7 years= 50,000 IU,
7-10 years= 75,000 IU, 11-14 years=100,000 IU
15 > years= 150,000 IU

!!!!High doses should never be used for more than 2-3 days as the liver can be damaged if used for longer periods of time!!!!

Vitamin C (preferably as Ester or Buffered C): <1 year= 100mg per month of age, 1-5 years of age=1000mg per year of age, >5 years of age and adults= as much as possible as long as stool does not become loose. Use this dose for 10-14 days, even if symptoms resolve sooner, as it can prevent a second illness. Doses should be divided into 3-4 doses throughout the day

Zinc: <1 year of age= 10-15mg per day, 1-3years = 20-30mg per day, older children= 50mg per day, adults= 75-100mg per day. Divide into 2-3 doses through the day. It can also be taken as a preventative, 5-10mg per day for younger children and up to 20mg per day for adults.

Larix/Echinacea/Arabinex: Larix has been found to be much stronger than Echinacea when using similar amounts and can be used by patients over 6 months of age. Tablet or capsule form: For adults and older children, the dose = 2 tablets 3 times per day and younger children who can swallow pills can take 1 tablet 3 times per day. Powder : Adults and larger children should use 1 Tablespoon 3 times per day. Smaller children = 1tsp. 3 times per day. Children <6 months of age there is a liquid alcohol free extract of Echinacea that can be used. <3 months= 5 drops 4 times per day, 3-6 months of age= 10 drops 4 times per day. Echinacea should not be used as a daily preventative but adults and larger children can take Larix/Arabinex 1 tab 2 times per day and < 5years ½tsp 2 times per day through the flu season.

These doses are also if your child has an illness, use the doses for Vitamin C, Zinc, and Larix for 10-14 days, even if symptoms resolve sooner, as it can prevent catching a second illness.

Please be aware that these therapies have not been evaluated in large, multi-centered studies. One must always weigh the risks and benefits of each therapy on an individualized basis.

For further information regarding vaccinations and recommendations, view "What Your Doctor May Not Tell You About Vaccinations" by Stephanie Cave, M.D.