

KENNETH AKEY, MD

F.A.A.P.

**Mama's,
Don't
Panic!**

Immune Building for Flu

- Activated Charcoal
- Apple Cider Vinegar
- Black Pepper
- Bone Broth Soup
- "C" (Vitamin C)
- "D" (Vitamin D)
- Coconut Oil
- Curcumin (Turmeric)
- Echinacea
- Elderberry (Nature's Way or Homemade)
- Essential Oils
(Prefer dōTERRA, www.dōTERRA.com)
Diffuse or on bottom of feet
 - Lemon
 - Melaleuca
 - On Guard
 - Peppermint
- Honey – only Manuka Honey – Front label must have UMF potential of 15+ (Search on Amazon)
- Lemon juice with Manuka Honey
- Oscillococcinum
- Oregano and Ginger in Soup
- Peppermint
- Probiotics
- Silver Spray
- Tea – (Green/Black) with Honey for coughs
- Viragon – Jon Barron (<https://jonbarron.org/dietary-supplement-recommendations>)

Be Well!!

Dr. Akey

770-683-3020

P.S. Hydrate, Hydrate, Hydrate!
Avoid Crowds
Hand Washing
Extra Sleep to Restore
Face Masks

Why Use Manuka Honey?

MANUKA HONEY GRADING SYSTEM

What is UMF? Mānuka Honey comes from the nectar of the flower of the Mānuka bush (*Leptospermum scoparium*) which is indigenous to New Zealand. It is the nectar and the bee that give this honey its unique properties. The number represents the unique signature compounds characteristic of this honey which ensures purity and quality. These include: the key markers of Leptosperin, DHA and Methylglyoxal (MGO).

BENEFITS: Every drop of Manuka honey is protected all the way from our hives to you; making sure the Manuka flower is as potent and alive in the jar as it is in the hive. It's what we at Comvita have been doing for four decades, and very little has changed, because we've mastered the method of preserving the purity of the source.

USES: Manuka honey health benefits have been touted in the natural health world for a long time and even more in recent years because a growing body of research is starting to support thousands of years of folk medicine use.

HOW IT'S MADE: Whether we're helicoptering our UMF® Manuka honey from remote hives deep in the bush of Kaimanawa, New Zealand, or analysing it in our world-leading laboratory, no length is too great to go to achieve perfection. Which is why we ensure every drop is also independently certified for quality, purity and authenticity by the UMF® Honey Association.



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