

# HOLISTIC MEDICAL SERVICES, INC.

ENVIRONMENTAL MEDICINE  
PREVENTIVE MEDICINE  
OZONE THERAPY  
PAIN MANAGEMENT



CHRONIC DISEASE MEDICINE  
FUNCTIONAL MEDICINE  
APPLIED ALLERGY  
HORMONE BALANCE

**FRANK P. MATALONE, D.O., N.M.D., A.B.I.H.M., D.A.A.P.M., F.A.A.O. A.P.T.**

## Immune Boosting Recommendations

### Supplements in priority order:

1. Vitamin D3 10,000-50,000 IU - 1 daily
2. Vitamin C 5,000-10,000 mg - daily. Divided doses to bowel tolerance.
3. Opti-Zn (zinc) – 50-100mg daily WITH FOOD
4. Quercetin 250 mg - 2 tablets, 2 times per day
5. NAC (600mg, bid) if exposed, OR (1200 mg, bid) once onset symptoms appear
6. BetaMax 250 - 2 daily
7. Viramax – 2 daily
8. Curcumin – 1000mg daily
9. Immuno Spray - 4 sprays, 3 times per day
10. Melatonin 60 mg - 1 daily
11. Hydrogen Peroxide mixture (made by a nurse at the office) – for nebulizer

**\*ALL SUPPLEMENTS SHOULD BE TAKEN FOR 1 WEEK\***

### IV protocol:

1. High Dose Vitamin C with B-complex
2. Ozone Therapy with ultraviolet light
3. Hydrogen Peroxide IV

### Other treatments:

1. Glutathione
2. Hydrogen Peroxide Nebulizer
3. Ear ozone
4. 50,000 Unit Vitamin D injection

**Call us at 404-941-8621 to schedule an appointment. On average, IV therapy lasts approximately one hour.**

#### Disclaimer

Please note that these are simply suggestions from Holistic Medical Services and Optimal Nutrition & Wellness - a division of HMS. The content is not an attempt to substitute for professional medical advice and should not be used to make a diagnosis, cure, or to replace or overrule your primary care physician's judgment. These are considered an adjunct of vitamins and minerals known to aid the body's natural healing process. Users should not rely on the recommendations for emergency medical treatment. These statements have not been evaluated by the Food and Drug administration. Always consult with your primary care physician and follow their advice before starting a new treatment. Individuals react differently to different products.

#### Liability

By purchasing and taking these products you automatically assume full responsibility for using the information above and you assume and understand full responsibility for usage of the product sold to you. We do not accept returns or refunds for our hydrogen peroxide bags as they are made upon request specifically for the customer. If at any time you have questions or concerns regarding this treatment plan, please contact the office. We recommend following up with Dr. Matalone in 7 days.

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