

Suggested Protocols

These protocols are designed to support varying levels of pathology.

- Level 1 supports the basic nutrition and cleansing to maintain and regain glucose control in most cases
- Level 2 Addresses early pathologies which accompany long-term glucose dysregulation
- Level 3 addresses serious pathologies accompany chronic and debilitating glucose dysregulation.

Level 1

The level 1 protocol is recommended for anyone with drifting glucose control.

Glucose Metabolism Support	Qty	Dosage	Role & Notes
Rice Soluble Tocotrienols	1	Tbsp per Day	Provides a source of fat soluble vitamins and fiber to aid lipid detoxification.
Vitamin C	15	grams	Helps detoxify and reduce collateral degeneration from glucose dysregulation
Detoxification			
4:1 Oil	1	Tbsp at Breakfast	50/50 blend of flax oil and sesame oil is approximately this ratio.
Magnesium alpha ketoglutarate	2	Capsules	Supports liver detoxification and glucose utilization
Phospholipids	1	Tbsp at Breakfast	Source of bio-ideal lipids for cellular lipid detoxification
Myer's Cocktail	1	Weekly	Support Methylation and detoxification
Anti Fungal			
Beta Hormesis ePad	1	Sleeping Mat in Bed	Passive/Non-invasive method to reduce fungus and yeast burdens.
Protease & Lipase Enzymes	2	Grams Wake and Bed	Taken on empty stomach to help breakdown toxins and carcass from fungus and yeast die-off.
Immune Assist	6	Capsules Daily	Supports immune response to yeast, viral and fungal pathogens.
Diet			
Detoxx			Minimize insulin production.
Energetics			
Exercise with Oxygen	30	Minutes/day	Establish and maintain optimal tissue oxygen saturation

Level 2

The level 2 protocol is designed for individuals with signs of neural or vascular degeneration. This is Level 1 plus several additional components that:

- Increase glucose management cofactors
- Enhance liver and neural detoxification
- Increase anti-fungal support
- Provide neurological substrates to arrest neurological degeneration.

Glucose Metabolism Support	Qty	Dosage	Role and Notes
Chelated Chromium & Vanadium	2	Breakfast & Lunch	Catabolic support for glucose regulation cofactors.
Detoxification	3	Dinner	Anabolic support for glucose regulation
Beet Top Product	1000	mg per meal	Thins Bile for flow.
Silymarin	500	mg per meal	Cellular liver detoxification support
Ammonium Phosphate	500	mg	Take only when urine pH is above 5.5 to absorb bile
NeuroMed Phospholipids	1	Tsp	Support potassium concentrations in nerve axon and enhance detoxification
Anti Fungal			
Arogya	20	Drops per meal	Oppose fungus.
Energetics			
PEMF Exposure	15-30	Minutes 3x/week	Facilitate neural regeneration and detoxification.



Level 3

Level 3 is designed for individuals with renal dysfunction or gangrene in addition to Levels 1 and 2.

At level 3, physiological degeneration is life threatening.

- Increases dosages of liver detoxification components to protect kidneys;
- Increases anti-fungal components;
- Adds local hormesis exposure to suppress local pathogens;
- Adds hyperbaric exposure to drive oxygen to hypoxic tissues and support detoxification.

Detoxification	Qty	Dosage	Role and Notes
Beet Top Product	1000	mg per meal	Double Dosage
Silymarin	1000	mg per meal	Double Dosage
Phospholipids	2	Tablespoons	Increase liver support, bile flow and detoxification rate
Anti Fungal			
Arogya	40	Drops per meal	Oppose fungus double dosage from Level 1
P-73 – Oreganol – High Carvacrol fraction	1	Capsules per meal	Oppose fungus
Energetics			
PEMF Exposure	15	Minutes to affected area daily	Facilitate tissue regeneration
Hormetic Bandages	2	All day application to affected area	Reduce local inflammation and counteract pathological organisms.
Hyperbaric	1	Hour Daily	Do not use if COPD. Increased oxygen saturation may cause respiratory arrest. COPD is safe with exercise with oxygen because it increases natural respiration.

