



Personal Health Improvement Protocol

Updated Friday, February 03, 2012

This document contains information on my personal supplement program for improving my overall health as I attempt to recover from Lyme Disease. This program is individualized to my needs using both ART testing and other energetic testing tools such as ZYTO.

It is important to recognize that this document is for informational purposes only and cannot be directly applied to another unique individual in whole or part. There may be portions of this list that may be appropriate for others to discuss with their healthcare practitioner, but the items listed are certainly not intended to be a recommendation or endorsement of any kind.

The information provided is based on my personal experience and personal research only. Supplements discussed in this document may or may not be appropriate for other individuals to consider. **You should always consult with your doctor before making any changes to your medical care regimen.**

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One of the things that I have learned along the way is that my treatment protocol has been significantly impacted by comments and research of others as well as my own. If you have any comments on my current supplement list, I would love to hear from you. Please feel free to [Contact Me](#).

In Better Health,

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Foundation / Supportive Supplements

Supplement	Each	Breakfast	Lunch	Dinner	Bedtime	Source	Comments
Klaire Ther-Biotic Complete NEW	Capsule		1	1		Klaire	Probiotic support
Jarrow Saccharomyces Boulardii NEW	Capsule				2	iHerb.com	Probiotic support
ChlorOxygen NEW	Drop	18		18		iHerb.com	Chlorophyll
Eclectic Cayenne NEW	Capsule		1			iHerb.com	With Formula-L and Formula-Bart
Onno Behrends Rosehip Tea NEW	Cup		1			Internet	Anti-inflammatory and antioxidant
Electrolyte Stamina Power Pak NEW	Packet	1				iHerb.com	Trace minerals support
TRC Nutritional Lab, Oxy-Gen Liquid Antioxidant NEW	Ounce	1				iHerb.com	Digestive support; antioxidant
Natural Vitality Organic Life Multi	Ounce	1				iHerb.com	Multi-vitamin support
D3-5000	5000IU	1			1	Beyond Balance	Immune support
The Core	Capsule	1			1	BioPure	KPU Support
Custom Energetic Remedy NEW	Drop	10				Practitioner	10 drops rubbed on skin daily

Microbial Management and Immune Support

Supplement	Each	Breakfast	Lunch	Dinner	Bedtime	Source	Comments
Formula-L NEW	Capsule		1		1	Maypa Herbals	Microbial support
Formula-Bart NEW	Capsule		1		1	Maypa Herbals	Microbial support
Formula-Green NEW	Capsule		1			Maypa Herbals	Microbial support
GcMAF Injections	Injection					GcMAF.eu	1 injection weekly
Researched Nutritionals PlasMyc	Capsule	1			1	Researched Nutritionals	Mycoplasma
Energetix GALT Immune NEW	Capsule	2	2	2		Energetix	GI Immune Support
Allergy Research Group Artemisia NEW	Capsule				1	iHerb.com	12 days on; 10 days off

Detoxification Support

Supplement	Each	Breakfast	Lunch	Dinner	Bedtime	Source	Comments
Modified Dr. Garry Gordon Drink – Bio En'R-G'Y C and ZeoGold	Mix					Longevity Plus	In filtered water, mix of 1-2 teaspoons Vitamin C, 1 capsule ZeoGold; drink during day
NutraMedix Zeolite HP NEW	Capsule				2	Immune Matrix	Monday/Wednesday/Friday
Triple Malic Acid NEW	Capsule	2			2	RX	For aluminum and metal detox (resulting from detox from PEMF therapy)

Custom Daily Drink

Supplement	Each	Breakfast	Lunch	Dinner	Bedtime	Source	Comments
Energetix Drainage Tone NEW	Drop					Energetix	60 drops in 24 ounces of water daily
Energetix Rehydration NEW	Drop					Energetix	60 drops in 24 ounces of water daily
Energetix Core Berberine NEW	Drop					Energetix	40 drops in 24 ounces of water daily
Energetix Field of Flowers NEW	Drop					Energetix	40 drops in 24 ounces of water daily
PSC Hedge Maple NEW	Drop					Practitioner	18-30 drops in 24 ounces of water daily; inflammation support
Pekana AILGENO NEW	Drop					Practitioner	Spleen Support – 40 drops
Pekana MUNDIPUR	Drop					Practitioner	Detox Support – 40-60 drops
Pekana Apo-HEPAT	Drop					Practitioner	Liver Support – 40 drops
Pekana INFLAMYAR	Drop					Practitioner	Inflammation Support – 40 drops

Inflammation, Biofilms, Enzymes

Supplement	Each	Breakfast	Lunch	Dinner	Bedtime	Source	Comments
Boluoke	Capsule	1			1	Longevity Plus	Hypercoagulation support; biofilm support
Nature's Plus, Maximum Strength Ultra-Zyme NEW	Capsule	1	1	1		iHerb.com	Digestive enzyme support

Essential Fatty Acids

Supplement	Each	Breakfast	Lunch	Dinner	Bedtime	Source	Comments
Metagenics EPA-DHA Extra Strength	Softgel	1			1	iHerb.com	EFA support
Nature's Way Krill Oil NEW	Softgel	1			1	iHerb.com	EFA Support

Endocrine/ Hormone Support

Supplement	Each	Breakfast	Lunch	Dinner	Bedtime	Source	Comments
Allergy Research Pantothenic Acid 500mg NEW	Capsule	1				iHerb.com	Adrenal support
Prince of Peace, Red Panax Ginseng Extractum NEW	Bottle	1				iHerb.com	Adrenal support; 10cc bottle
SRT3	7.5 mcg	1			1	RX	Thyroid support
Bernard Jensen Liquid Dulse NEW	Drop	10				iHerb.com	Iodine; thyroid support
Sublingual Melatonin	Drop				9-10mg	RX	Melatonin for sleep, antioxidant, neuro-protective

Other Therapies

Supplement	Comments
Tonsil Cryotherapy	Total three sessions in Germany; one session complete as of August 2011; second session November 2011
DreamSpa	Photonic light therapy; 3-4 times weekly
FIR Sauna	To promote detoxification
Coffee Enemas	Every other day for detoxification support