



## Personal Health Improvement Protocol

Updated Monday, January 10, 2022

This document contains information on my personal supplement program as I continue to maintain my health after recovering from Lyme disease and mold illness. This program is individualized to my needs using Autonomic Response Testing (ART) in conjunction with my work with my practitioners.

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 useful 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 for your personal situation.

The information provided is based on my personal experience and personal research only. Supplements mentioned 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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### Current Environment Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
NAC 600mg	Capsule	1		1		Thorne	Current Environment Support
Alpha Lipoic Acid 600mg	Capsule	1		1		Pure Encapsulations	Current Environment Support
Aller-C or QuerciPlex (Quercetin)	Capsule	1	1	1		Vital Nutrients	Current Environment Support

### Detoxification Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Himalayan Liver Care	Capsules	2		2		Himalayan	Liver Support
TUDCA	Capsule	1	1	1		Cellcore	Detoxification Support
ViRadChem Binder	Capsule	1		1		CellCore / Microbe	Detoxification Support
Biotoxin Binder	Capsule	1		1		CellCore / Microbe	Detoxification Support
Mo-Zyme Forte	Tablet	1		1		Biotics	Detoxification Support

### Microbiome Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Probiota HistaminX	Capsule	1	1	1		Seeking Health	Microbiome Support
MegalG 2000	Capsule	2		2		Microbiome Labs	Microbiome Support
Beyond Balance IMN-GI	Drop	10		10		Beyond Balance	Microbiome Support
Black Seed Oil 1250mg	Softgel	1		1		Amazing Herbs	Microbiome Support

### Sleep Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
ProThrivrs Wellness Sleep	Capsule				2	Integrative	Sleep Support

### General Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Cu1	Capsule	1				Global Healing Center	Copper Support
Hi Biotin	Capsule	1				Allergy Research	Nerve Support
Pure Encapsulations DIM Pro 100	Capsule			1		Pure Encapsulations	Hormone Detox Support
CT-Iodine	Tablet	1 2x/week				Cellcore	Mineral Support
Unique E Tocopherols	Softgel			1		AC Grace	Co-Factor Support
Mega Benfotiamine	Capsule	1				Life Extension	Nerve Support
Deep Oean Trace Mienrals	Capsule			1		NutraMedix	Mineral Support
NADH/CoQ10	Lozenge	1				Seeking Health	Mitochondrial Support
Ox Bile 500mg	Capsule	1		1		Allergy Research	Detoxification Support
Tributyrin-X	Softgel			1		Healthy Gut	Metal/Ammonia Stress
Heparin 5000 Units	Injection			2x/week		RX	Coagulation Support
B Minus	Capsule	1				Seeking Health	Adrenal Support
HB12/Folinic 1000mcg/800mcg	Lozenge	2				Seeking Health	Methylation Support
Annatto-E 150	Softgel	1		1		Designs for Health	Hair Support
Boluoke	Capsule	1		1		Allergy Research	Coagulation Support
Nattokinase 100mg	Capsule	2		2		Allergy Research	Coagulation Support
Vitamin D3 Complete (2000 IU)	Softgel	1	1	1		Allergy Research	General Support
CORE-S	Capsule		1	1		BioPure	KPU Support

### Morning "Power Shake / Power Pudding" Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Metagenics Ultra Advanced Protein	Scoop	2				Internet	Protein Support (pea/rice)
BodyBio PC	Tablespoon	1				Internet	Lipid Replacement
Nutiva Hemp Oil	Tablespoon	1				Internet	Essential Fat Support
BodyBio Balance Oil	Tablespoon	½				BodyBio	Essential Fat Support
Olive Oil	Tablespoon	½				Solspring	Essential Fat Support
Paleo Fiber	Tablespoon	2				Designs for Health	Fiber Support
Organic India Psyllium	Tablespoon	1				Organic India	Fiber Support
Organic Flax Seeds	Tablespoon	1				Internet	Fiber Support

### Supportive Tools

Therapy	Frequency	Comments
EWOT / LiveO2	Daily	To enhance circulation and detoxification
WAVE1	Daily	To provide frequency support
UltraViolet Light Therapy	Twice Weekly	To support Vitamin D production and immunity
Coffee Enemas	Twice Weekly	To reduce inflammation and enhance detoxification
Ionic Footbaths	As Needed	To support ongoing detoxification
FSM	As Needed	To support nervous system and detoxification