



Personal Health Improvement Protocol

Updated Saturday, July 7, 2018

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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Detoxification Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Avmacol 	Tablet	2				Avmacol	Detoxification Support
Liposomal Glutathione	Pump	2-3			2-3	QuickSilver Scientific	Detoxification Support
Riboflavin 5'-Phosphate (B2)	Capsule	1					Detoxification Support
COGNEASE DETOX	Drop	5		5		Beyond Balance	Detoxification Support
ENL-5	Drop	5				Beyond Balance	Detoxification Support
LYMPH-SPPT	Drop	5		5		Beyond Balance	Detoxification Support
TOX-EASE BIND or HM-ET Binder or Chlorella	Varies	Varies	Varies	Varies		Various	Detoxification Support
Carlson Moly-B 500mcg	Tablet			1		Carlson	Detoxification Support
Quinton Isotonic	Tablespoon	1				QuickSilver Scientific	Detoxification Support
Orgono G5 Siliplant	Tablespoon	1				Orgono	Detoxification Support
Hydroxo B12 (1000mcg) with Folinic Acid (800 mcg)	Lozenge	1				Seeking Health	Methylation Support

Microbiome Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
BAB-3 	Drop	3		3		Beyond Balance	Microbiome Support
BAR-2 	Drop	1 (M/W/F)				Beyond Balance	Microbiome Support


"Power Shake" Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Metagenics Adv Protein (pea/rice)	Scoop	2				Internet	Essential Protein Support
NT Factor Energy Lipids or Body Bio PC	TSP / TBSP	1 / 1				 or BodyBio	Lipid Replacement
Udo's Oil or Balance Oil	Tablespoon	1				 or BodyBio	Essential Fat Support
Vital Proteins Collagen	Scoop	1-2				Vital Proteins	Essential Amino Acid Support
Paleo Fiber	Tablespoon	1				Designs for Health	Detoxification Support
Chia Seeds	Tablespoon	1					Essential Fat Support





Endocrine/Hormone Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
SRT3 7.5mcg	Capsule	1			1	RX	Thyroid Support
Beyond Balance DRENA-SPPT	Capsule	1	1			Beyond Balance	Adrenal Support
Liposomal Melatonin	Spray				~10-12mg	BioPure	Sleep, antioxidant, neuro-protective, reduce quinolinic acid
Thyrocare	Capsule	1		1		Restorative	Thyroid Support

Inflammation and Immune Modulation Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Beyond Balance IMN-CALM 	Drop	4		4		Beyond Balance	Immune Support
Boswellia Complex	Capsule			1		MediHerb	Mast Cell and Histamine
Scutellaria Supreme	Capsule	1	1	1		Supreme Nutrition	Inflammation Support

General Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Beyond Balance ENL-RD 	Capsule	1			1	Beyond Balance	Radiation Support
Benfothiamine (B1)	Capsule	1				Internet	Neurological Support
Boluoke	Capsule	2		2		Researched Nutritionals	Coagulation Support
Researched Nutritionals CoQ10 Power	Softgel	1	1			Researched Nutritionals	Mitochondrial support
Thorne Double Strength Zinc Picolinate	Capsule	1					Mineral Support
Magnesium Malate	Capsule	1		1		Designs for Health	Mineral Support
MacuGuard	Softgel	1					Vision Support
CORE-5	Capsule	1		1		BioPure	KPU support
ARG D3 Complete	Softgel	1					Immune Support

Supportive Tools

Therapy	Frequency	Comments
RedJuvenator	Daily	To support inflammation and mitochondria
UltraViolet Light Therapy	Twice Weekly	To support Vitamin D production and immunity
Coffee Enemas	As Needed	To reduce inflammation and enhance detoxification
IonCleanse Detox Foot Bath	As needed	To support detoxification
Sunlighten FIR Sauna	As needed	Detoxification support
OMI PEMF	As Needed	PEMF; for inflammation, circulation, bone density