

Taking Control of Your Health Protocol

Eat primarily vegetarian, with fish 3x's week.

Organic fresh veggies, fruits, sprouted grains (mildly cooked) of all kinds especially sunflower, broccoli, buckwheat, nuts and seeds.), sea veggies- (sea weeds), dark green veggies raw and cooked, watercress, arugula, bok choy, dandelion greens, burdock root, bone marrow soup (strengthens immunity), also juicing daily with fresh organic veggies. Eat your protein with your veggies @ 20-30% meat protein by weight to 60-70 % veggies (by weight).

Eat your starch with your veggies @ 20-30% by weight to 60-70 % veggies.

Don't mix Meat proteins, starches or fruits. Eat fruits 2-3 hours after meals or in the morning on an empty stomach, with the exception of apples.

Drink only pure filtered/bottled water (1/2 your body weight in oz. daily as a minimum), fresh-juiced veggie juices, herbal teas and grain-milks (oat, almond or rice).

Supplements

*Pro-biotic Protocol: Take 6 capsules @ night rite before bed, take 4 capsules first thing upon waking, do this for 2 weeks. Then take 4 @ night and 2 morning for 2 weeks. Then take 2 @ night and 1 morning indefinitely.

CoQ10 (100 mg.) 1 cap with meals 2-3xs daily

Lipoic acid (100 mg) 2 caps with meals 1x daily taken with Q10

*Omega 3 fatty acids: 1500-2500 mgs, taken with CO-Q10 Gel-caps or liquid

*Vitamin C: Ester C with bioflavenoids: 2000-8000 daily. Split the dose with meals.

*Vitamin E (dry form [succinate] 400 IU) 1 cap (with meals 1-2xs daily)

Aged Garlic 2 caps with meals 2xs daily

Vitamin D3 (1000-4000 IU) 1-2xs daily during winter

*Zinc Whole food complex by New Chapter 30-50 mg 1 cap 1x daily

* Selenium: 200 mcg's daily with meals.

Astragalus extract 1 tab 3 xs day taken with activated Quercetin 30 min before meals.

*Multi vitamin: Liquid multi 1 to 2xs day with meals

*Multi mineral: Liquid mineral 1x daily with meals.

*Take Herbs 3xs daily

The Avoids

All caffeine/Stimulants: Switch to organic coffee then wean yourself off completely

All sugar sources and absolutely no artificial sweeteners (aspartame etc).

All dairy products unless they are raw organic and un-pasteurized and fermented.

All refined processed foods: Pasta, breads, baked goods, white rice, etc.

Alcohol, wine and beer. You can find organic wine if you must.

Most night shade veggies: eggplant, zucchini, green pepper, etc.

Avoid cold cereals.

Avoid tap water, drink only purified filtered water.