



NATUROPATHIC PROTOCOL

Staged approach

- Start each new supplement 1 at a time
- Whichever arrives first, start with that one ONLY for 3 days

Report back to me on any symptoms experiencing, and we will adjust accordingly.

- After 3 days (or more if needed), ADD a 2nd supplement in.

Repeat process when adding the second supplement to the first, taking these two for 3 days, report to me if experience any changes.

- After another 3 days, ADD a 3rd supplement in.

Repeat process when adding 3rd supplement for 3 days.

REPEAT UNTIL ALL SUPPLEMENTS ARE ADDED INTO THE REGIME!



NATUROPATHIC PROTOCOL

Morning (7-9am)

Including adjustments to previous prescriptions

Take with meal, away from pharmaceutical medication

- Take 10 drops of J. Kloss Tincture
- Take 20-80 drops of Sarsaparilla Tincture
- Take 2 capsules NAD+ (optional)

In-between meals

Take 1 hour AWAY from meal

- Take 1 dropper-full of Liver Juice, 2 x a day

Evening (6-9pm)

Take with meal, away from pharmaceutical medication

- Take 10 drops of J. Kloss Tincture
- Take 20-80 drops of Sarsaparilla Tincture
- Take 3 capsules of MagTech Magnesium

Homeopathics (throughout the day)

Take 1/2 hour away from food/drink/supplements/medication

- Take 10-15 drops Dr. Reckeweg R32, 2-4 x day

Diet & Lifestyle

- Increase fiber
- Consider HTMA