



NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**Protocol Guidelines:**

- Drink ½ your body weight in ounces of clean water.
- Remain on all products unless otherwise noted until re-evaluation.
- Homeopathics should be taken between meals on an empty stomach. Nothing 20 minutes before or after taking homeopathics other than herbs. Herbs may be taken with homeopathics—they serve to flush and drain toxins. Keep homeopathics away from electronics.
- Supplements (other than herbs and homeopathics) are generally taken with meals along with digestive enzymes which assist with assimilation and absorption.
- Colon cleansers and fiber should not be taken in the same moment as pharmaceuticals and nutraceuticals.
- Chelators should be taken between meals and supplements. Minerals should be supplemented while taking Chelators.
- If detox symptoms are too harsh cut the detox drops in half or you can start at 1 drop and build up slowly. Detox is a normal part of the process.

**Detox Symptoms:**

- You could experience headaches, fatigue, nausea, constipation, and flu like symptoms.
- Detox symptoms generally last 3-10 days. You will feel worse before you feel better.
- Drink lost of water and get adequate rest.

**Detox Protocol:**

Detoxifier #1 \_\_\_\_\_ Start Date: \_\_\_\_\_

- Start with 1 drop once/twice per day for \_\_\_\_\_ day(s)
- Then, increase to 2 drops once/twice per day for \_\_\_\_\_ day(s)
- If tolerating ok, then continue increase to a maximum of \_\_\_\_\_ drops once/twice per day.

Detoxifier #2 \_\_\_\_\_ Start Date: \_\_\_\_\_

- Start with 1 drop once/twice per day for \_\_\_\_\_ day(s)
- Then, increase to 2 drops once/twice per day for \_\_\_\_\_ day(s)
- If tolerating ok, then continue increase to a maximum of \_\_\_\_\_ drops once/twice per day.

Drainer(s): \_\_\_\_\_

**NOTE: Do not run out of drainer(s) as long as you are taking your detoxifier(s)**

If you experience strong detox reactions, you can lower the dose back down until you do not experience any detox reactions. Continue drainer(s) and increase water. Then work the detox back up.