



Personal Health Improvement Protocol

Updated Saturday, February 25, 2017

This document contains information on my personal supplement program as I continue to enhance my health after recovering from Lyme disease and mold illness. This program is individualized to my needs using both 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.**

BetterHealthGuy.com takes no responsibility for errors which may be included in this document or for any harm that may occur as a result of your use of these products.

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,

DISCLAIMER: Information is not intended to treat, diagnose, cure, or prevent any disease. Information provided is for informational purposes only and represents the personal experiences and information encountered to date by its author. While BetterHealthGuy.com uses reasonable efforts to provide accurate information, no warranties or representations are made as to the accuracy, validity, or reliability of any information which may be presented. No responsibility is assumed for any errors or omissions in the content of this web site. BetterHealthGuy.com suggests that you to do your own research and consult directly with your personal medical professional. Information is not intended to serve as medical advice. Always seek the advice of your licensed health care provider before making any treatment decisions.

Information is intended for your personal use only. No permission is granted to use the information in any way except to enhance your own personal knowledge. BetterHealthGuy.com may make a referral fee for items you purchase from links within the site or material contained within.

Detoxification Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
PHP ADDEX	Spray		5			PHP	Pesticide Detox
Mother Earth Labs "The Gift"	Ounce	1				Mother Earth Labs	Detoxification Support
Herbal Liver Complex	Capsule	1			1		Detoxification Support
LEF European Milk Thistle	Softgel				2		Detoxification Support

Note: Detox is an ongoing focus for me; much of it is using my [Sunlighten Sauna](#), my [IonCleanse](#) by AMD, castor oil packs, and other supportive detoxification tools in addition to the above and methylation support below.

Methylation Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Hydroxo B12 (1000mcg) with Folinic Acid (800 mcg)	Lozenge	1				Internet	Methylation Support
Pure Encaps B6 Complex	Capsule	1					Methylation Support

Microbial Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Vital Plan Advanced Biotic	Capsule	3		3		Vital Plan	Herbal Restoration Support
Ormed Stiruba	Capsule	1		1		BioResource	Parasite Cleanse Support
Beyond Balance PRO-MYCO	Drop	10		10		Beyond Balance	Mold / Mycotoxin Support
Famvir	Tablet	1			1	RX	Antiviral Support / Methylation
Beyond Balance IMN-V-II	Drop	10		10		Beyond Balance	Antiviral Support

Cell Membrane, Healthy Protein/Fat "Power Shake" Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Metagenics Adv Protein (smoothie)	Scoop	2				Internet	Essential Protein Support
NT Factor Energy Lipids PC	Scoop	2					Lipid Replacement
BodyBio Balance Oil	Tablespoon	1				BodyBio or	Essential Fat Support
Vital Proteins Collagen	Scoop	1-2					Essential Amino Acid Support
BodyBio Zinc Liquid	Drops	14				BodyBio	Mineral, KPU, and Immune Support
BodyBio Magnesium Liquid	Drops	20				BodyBio	Mineral Support
Paleo Fiber	Scoop	1	1			Designs for Health	Detoxification Support

Note: While this looks like a lot, about 20% of what I take on a daily basis goes into my morning shake. I LOVE it, and it has been a huge help.

Endocrine/Hormone Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
Beyond Balance DRENA-SPPT	Capsule	1	1			Beyond Balance	Adrenal Support
Da Vinci Liposomal Melatonin	Spray				4-5		Sleep, antioxidant, neuro-protective, reduces quinolinic acid
SRT3	7.5 mcg	1			1	RX	Thyroid support
Thyrocare	Capsule	1			1	WTSMed	Thyroid Support

General Support

Supplement	Each	Morning	Afternoon	Evening	Bed	Source	Comments
MacuGuard	Softgel	1					Vision Support
CHIAMAKA Cellular Rejuvenation Crystals	Scoop	1				Elevated Artisans	Hydration Support
Hydrocortisone 5mg	Tablet	1				RX	Adrenal Support
CORE-S	Capsule	1	1	1	1	BioPure 10% off retail with code BETTERHEALTH	KPU support
Gentle Digest	Capsule		1	1		LifeSpa	Hormone Support
Pure Encaps Bromelain 2400	Capsules	2				Pure Encaps	Inflammation Support
Houston Enzymes TriEnza	Capsule		2	2		Internet	Enzyme Support
Optimized Resveratrol / Nicotinamide Riboside	Capsule	1					Inflammation Support
Transfer Factor Enviro	Capsule				2	Researched Nutritionals	Mold Support
Probiotics (various)	Capsule				2	Internet	Probiotic Support
Jarrow Ubiquinol QH-absorb 200mg	Softgel	1	1				Mitochondrial support
ARG D3 Complete	Softgel	1	1	1	1		Immune Support

Other Supportive Tools

Therapy	Frequency	Comments
UltraViolet Light Therapy	Twice Weekly	To support Vitamin D production and immunity
IonCleanse Detox Foot Bath	Twice Weekly	To support detoxification
Sunlighten FIR Sauna	Twice Weekly	Detoxification support
Coffee Enemas	As Needed	To reduce inflammation and enhance detoxification
BioMat Professional 7000	As Needed	One of my favorite tools for supporting health
MAS PEMF	As Needed	PEMF; for inflammation, circulation, bone density