

Protocol

6:20am: Wake up

6:30am: Bicarbonate of soda 1 tsp in 480ml water on empty stomach (give the bicarb time to digest before eating)

6:50am: Prepare & eat breakfast (LOW antioxidant) & supplements by 7am, Asparagus Puree 4 tbsp, Fenben 222mg + 1 tbsp Coconut Oil, Alpha Lipoic Acid 800mg, Magnesium Glycinate 500mg, B17
Berberine 300mg after breakfast

8:00am: MMS1

9:00am: MMS1

10:00am: MMS1

11:00am: MMS1, Sunshine 20 minutes with deep breathing

11:30am: Lunch, LOW antioxidant

12:00pm: MMS1

1:00pm: MMS1

2:00pm: MMS1, Sunshine 20 minutes with deep breathing

3:00pm: MMS1

3:30pm: Prepare lunch & supplements

4:10pm: Late lunch of vegetables (see Extras below) + Green Drink (see Extras below), Fresh Ginger tsp, Fresh Garlic tsp, Vitamin D 10,000IU + Vitamin K2 100mcg, Omega 3, Selenium 200mcg, Curcumin 600mg, Taurine 200 mg/kg/day, Magnesium Glycinate 500mg, Alpha Lipoic Acid 800mg, B17
Berberine 300mg after lunch

4:30pm: Essiac Tea, Dandelion Root Tea

5:00pm: Milk Thistle 250mg

6:00pm: Supper, Fenben 222mg + 1 tbsp Coconut Oil, Asparagus Puree 4 tbsp, Dandelion Root from tea

8:00pm: CDS Emema

8:45pm: Slow Drip CDS Enema

9:00pm: Bedtime

Extras:

- Late Lunch: Baby Spinach, Carrot, Cucumber, Broccoli Sprouts, Cheese, Avocado, Lettuce, Whole Wheat Organic Bread, Almonds
- Green Drink: Wheat Grass Juice Powder, Beet Root Powder, Pacific Dulse granules or spirulina powder, Barley, Grass Powder, Alfalfa Leaf Powder
- 15 minute walk.
- Snacks during the day.
- Protocol R up to 8 times a day.
- Calcium Bentonite Clay for binding die off & toxins when needed.