

# CONDENSED COWDEN SUPPORT PROGRAM

Updated: Feb 17, 2009

## For the first 3 days do only the following

Twice daily, before breakfast and supper take 10 drops of **BURBUR** and 10 drops of **PINELLA**

Twice daily, before lunch and bedtime take 10 drops of **PARSLEY**

## On Day 4 start the following

Twice daily, 30 min. before breakfast and supper, take 30 drops of **BANDEROL** (start with one drop adding a drop with each dose until reaching 30 drops twice daily) together with 10 drops of **BURBUR**, 1 capsule of **SERRAPEPTASE** and 2 capsules of **MAGNESIUM MALATE**. After taking a full dose of **BANDEROL** for two months (Day 78) start rotating between **MORA**, **ENULA** and **BANDEROL** every two weeks, taking 30 drops twice daily for the remainder of the protocol: 12 ½ days ON, 36 hours OFF, 12 ½ days ON, etc.

Twice daily, 30 min. before lunch and at bedtime, take 30 drops of **SAMENTO** (start with one drop adding a drop with each dose until reaching 30 drops twice daily) together with 10 drops of **PARSLEY**, 10 drops of **PINELLA** and 10 drops of **SPARGA**. After taking a full dose of **SAMENTO** for two months (Day 78) start rotating between **CUMANDA**, **QUINA** and **SAMENTO** every two weeks, taking 30 drops twice daily for the remainder of the protocol: 12 ½ days ON, 36 hours OFF, 12 ½ days ON, etc.

Every 3<sup>rd</sup> night at bedtime take 2 capsules of **ZEOLITE**. On day 49, after using the entire bottle of **ZEOLITE**, take 2 capsules of **ZEOLITE HP** in place of **ZEOLITE** for the remainder of the protocol.

## INSTRUCTIONS FOR USING IMPRINTED PRODUCTS

**BANDEROL**, **SAMENTO**, **MORA**, **ENULA**, **CUMANDA**, **QUINA** are infused and should be succussed every 3 – 4 days if they are in use. Only 2 of these 6 products are used the same day.

Succussion (suc-cus-sion / su-kush'un) is the rapid and forceful striking of the bottle against a firm surface or palm of the hand approximately fifty times. **Remember to be cautious when succussing glass bottles.** Use a firm padded surface, like your hand, but not a hard surface.

When 1/4 - 1/8 of an inch of liquid is left in the bottle, refill the bottle using the liquid from a new bottle of identical product and then succuss. The bottle should be succussed each time it is refilled and every 3 – 4 days thereafter.

**NOTICE:** The last 1/4 - 1/8 of an inch of liquid in the first bottle is the basis for making your second bottle of infused product as described above. Do **NOT** use all of the liquid in the first bottle before blending with the second bottle.

(CONTINUED ON REVERSE SIDE)

## **FOR CHRONIC FATIGUE, ADRENAL FATIGUE OR ADRENAL EXHAUSTION**

Twice daily, 10-15 min. before breakfast and supper, take 20 drops of **ADRENAL SUPPORT**

## **FOR ANXIETY, STRESS AND DIFFICULTY SLEEPING**

Four times daily, after meals and 30 min. before bedtime, take 15 drops of **AMANTILLA**

## **DRINK LOT OF WATER and AVOID FOOD ALLERGENS**

**Drink 3-4 liters (quarts) of pure water daily. Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA)

## **METAL DENTAL FILLINGS**

Consider having silver (mercury) dental amalgams replaced with composites.

## **DOSAGE CAN BE ADJUSTED FOR WEIGHT**

The dosages recommended in the following protocols are for an average size adult that weighs between 120-170 pounds (55-77 kilos). Adjust the dosage according to weight; ie. A patient that weighs 30 pounds would take one-fourth of the recommended dose.

## **MIX THE PRODUCTS IN PURE DRINKING WATER**

Unless otherwise specified mix all Nutramedix products with at least ½ cup (4oz. / 120ml) of water and wait at least 1-2 minutes before drinking. The products are most effective when taken in water. The products can be taken directly in the mouth without water, but this should only be done when water is not available.

## **HERXHEIMER REACTION (HEALING CRISIS)**

If feeling toxic (headache, muscle ache, nausea, joint ache, etc) the protocol can be stopped if desired then, take 10 drops of **BURBUR** or **PARSLEY** in water or under the tongue every 10 min. until feeling better and then resume the protocol.

## **AVOID BINDERS SUCH AS ACTIVATED CHARCOAL & CALCIUM BENTONITE CLAY**

Binders such as Activated Charcoal & Calcium Bentonite Clay should be avoided while using the Condensed Cowden Support Program. Activated Charcoal always binds the active ingredients that are in the herbal remedies and pharmaceuticals & makes them ineffective. They should only be considered on the rare occasion when you have been severely affected by a Herxheimer reaction that does not resolve with Burbur, Parsley, Pinella, or water.

## **AN EASY TO FOLLOW PROTOCOL SCHEDULE IS AVAILABLE AT**

<http://www.nutramedix.ec/pdfs/Condcowdenschd.pdf>

FOR MORE INFORMATION VISIT

[www.nutramedix.cc](http://www.nutramedix.cc)