

# COWDEN (L) PROTOCOL

By Wm. Lee Cowden, MD

## For the first 3 days do only the following

Three times daily immediately before mealtimes take 15 drops of **TRACE MINERALS-RELAX**, 10 drops of **PINELLA**, 10 drops of **BURBUR** and 10 drops of **AMANTILLA** (the noontime dose can be eliminated anytime after day 21 if not feeling toxic)

## On Day 4 of the protocol add the following

Twice daily 30 min. before breakfast and supper take 30 drops of **CUMANDA** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX**, 10 drops of **PARSLEY DETOX** and 1 capsule of **SERRAPEPTASE**

Twice daily immediately before breakfast and supper take 30 drops of **ENULA** on a rotating schedule: 12 ½ days ON, 36 hours OFF, 12 ½ days ON, etc. It is taken at the same time as **TRACE MINERALS- RELAX\***, **PINELLA\***, **BURBUR\*** and **AMANTILLA\***. **Please note:** \* these four products were started on Day 1.

Twice daily immediately after breakfast and supper take 20 drops of **ADRENAL SUPPORT** together with 11 drops of **BURBUR DETOX** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

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**.

## On Day 18 of the protocol add the following

At bedtime take 20 drops of **SAMENTO** together with 10 drops of **PARSLEY DETOX**, 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **AMANTILLA** --- Note: as described above, every 3<sup>rd</sup> night 2 capsules of **ZEOLITE** or **ZEOLITE HP** are taken.

After two months on full dose of Cumanda, start taking **QUINA** in place of Cumanda. Then, alternate between Cumanda and Quina every two weeks for 4 months (some patients require only 2 months of rotating therapy, but it may be more prudent to rotate for 4 months). Take Cumanda for 12 ½ days stopping for 36 hours then, continue with the Quina for 12 ½ days, stopping for 36 hours. Then, restart with Cumanda for 12 ½ days, etc. Most patients with chronic, third stage Lyme Disease require four to six months of alternating treatment but never less than two months.

(CONTINUED ON REVERSE SIDE)

## **ADDITIONAL INSTRUCTIONS**

**Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **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) **Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist.** After all dental amalgams are removed, **DMSA**- 100-300 mg depending on kidney function, age and body weight can be added every 3<sup>rd</sup> night for 2-3 months with **ZEOLITE** or **ZEOLITE HP**.

## **IF SENSITIVITY OR RESISTANCE DEVELOPS**

If the patients suspects that a sensitivity or apparent resistance develops to either Cumanda, Quina or Samento, **BANDEROL** can be substituted for any of these products.

## **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 DETOX in water or under the tongue every 10 min. until feeling better and then resume the protocol.

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

<http://www.bionatus.com/nutramedix/pdfs/protocolschedule.pdf>

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