Training Workbook

SAMENTO
Dietary Supplement
1 oz. (30 mL)

BURBUR PINELLA
Dietary Supplement
2 oz. (60 mL)

STEVIA
Dietary Supplement
1 oz. (30 mL)
PART 1: PRODUCTS
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ADRENAL
ADRENAL SUPPORT

ADRENAL is a proprietary blend of the extracts of four adaptogenic plants – Panax quinquefolium, Astragalus mongholicus, Schisandra Chinensis, and Rhodiola Rosea. This proprietary blend supplies energy and replenishes depleted adrenal glands. The adrenal glands help the body respond to stress and also produce steroids that contribute to the production of over 100 hormones that are vital to optimum health. It is estimated that approximately 95% of the population of the United States suffers from some degree of Adrenal Fatigue which is any decrease in the ability of the adrenal glands to perform normal functions.

RESEARCH

A 2010 randomized, double-blind study found that Panax quinquefolium reduced cancer-related fatigue.

A 2001 research article showed that Schisandra was found to be a powerful antioxidant and anabolic agent which also promotes glycogenesis, the process that converts carbohydrates into glycogen (which provides the energy necessary to revitalize “stressed out” cells). In addition, Schisandra has been found to stimulate the central nervous system, possibly by increasing dopamine. Dopamine is synthesized by the adrenals and an immediate precursor in the synthesis of norepinephrine, which plays a pivotal role in helping the hypothalamus-pituitary-adrenal axis adjust to stress.

SUGGESTED DOSAGE

Put 20 drops in 4 oz. of water and wait one minute before drinking. Take twice daily (10 minutes before breakfast and lunch).
ALGAS is produced from an extract of *Chondracanthus chamissoi*, red algae collected in the Pacific Ocean off the Peruvian coast. It has been used for decades in Peru as a detoxification aid. Practitioners that have used the product report that it helps to very effectively mobilize heavy metals out of the body, including Aluminum, Arsenic, Cadmium, Indium, Lead, Mercury, Nickel, and Radium. Doctors using it theorize that it mobilizes the heavy metals out of the interior of the cells since many of the patients that are taking ALGAS had previously gone through an extensive heavy metal chelation protocol to the point where there were no more metals coming out. When ALGAS was added, more metals began to come out of the body.

According to the Journal of Hazardous Materials’ article Pb(II) and Cd(II) biosorption on Chondracanthus chamissoi (a red alga), this red algae is an efficient biosorbent for Pb-II (Lead) and Cd-II (Cadmium). The sorption of metal ions is probably due to their interaction with carrageenan (one of the main constituents of the biosorbent).


DOI: 10.1016/j.jhazmat.2010.09.108

Put 10 drops in 4 oz. of water and wait one minute before drinking. Take every third day at bedtime.
**Various Reported Medicinal Properties of Algas:**
- Anti-anemic
- Anti-arthritic
- Antibacterial
- Anti-cellulite
- Anti-hemorrhoidal
- Anti-obesity
- Anti-ulcer
- Anti-vericose Veins
- Antiviral
- Boosts Energy
- Detoxifier
- Digestive Aid
- Glandular Regulator
- Laxative
- Nervine
- Pulmonologic
- Stimulates Metabolism
- Thyroid Regulator

**PRODUCT DESCRIPTION**

AMANTILLA is an extract produced from the root of Valeriana officinalis, commonly known as valerian. The valerian herb in AMANTILLA has been used medicinally for at least 2,000 years. It has been included in many editions of the United States Dispensatory (Merck) since 1849, which reported the herb’s effect on the nervous system. It is very effective in treating stress and anxiety. For some, AMANTILLA can also be used to induce sleep. GABA (Gamma-aminobutyric acid), sometimes referred to as the body’s natural tranquilizer is one of the amino acids produced in the brain. Valerian extracts like AMANTILLA stimulate GABA production in quantities sufficient to cause a sedative effect. Therefore, AMANTILLA may cause sedation by increasing the amount of GABA available in the synaptic clefts in the brain.

**RESEARCH**

In June 2005, a study measuring the sedative effect of AMANTILLA was conducted on laboratory rodents in Ecuador at the University of Guayaquil. AMANTILLA was found to statistically have the same sedative effect as the pharmaceutical Diazepam (Valium).

Allende, S, “Establishment of the potential sedative effect of the product known as AMANTILLA, originating from NutraMedix Laboratories, LLC. Florida, United States,” Universidad de Guayaquil Department of Chemical Sciences, Final Report, 08/05/05

**SUGGESTED DOSAGE**

**Insomnia:** Put 30 drops in 4 oz. of water and wait one minute before drinking. Take at bedtime.

**Severe Insomnia:** Put 30 drops in 4 oz. of water and wait one minute before drinking. Take every 30 minutes beginning 2 hours before bedtime for 5 nights.

**Mild Anxiety:** Put 10 drops in 4 oz. of water and wait one minute. Take 2 to 4 times per day.

**Moderate to Severe Anxiety, Panic Attacks:** Put 10 to 15 drops in at least 2 oz. of water. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.

**NOTES**
AVEA is an extract produced from the root of Curcuma longa, commonly known as turmeric. Turmeric has long been used in both Ayurvedic and Chinese medicine as an anti-inflammatory, to treat digestive disorders and liver problems, and for the treatment of skin diseases and wound healing. Recent published studies have been addressing the anti-depressant properties of AVEA. Via the proprietary extraction and enhancement process utilized to produce AVEA, the product has been enhanced to address the majority of the causes of endogenous depression. Patients suffering from depression report relief within a few hours to a few days after starting the use of AVEA.

In research performed at the Government Medical College’s Department of Pharmacology, Bhavnagar, Gujarat, India, a randomized sampling of patients diagnosed with major depressive disorder (MDD) were treated with either fluoxetine (Prozac) or curcumin. The results provided the first clinical evidence that curcumin may be used as an effective and safe modality for treatment in patients with MDD without concurrent suicidal ideation or other psychotic disorders.


Mild Depression: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 2 to 4 times per day.

Moderate to Severe Depression: Put 10 drops in 4 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.
BABUNA is an extract produced from the flower of Matricaria recutita, commonly known as chamomile. Azulene, one of the active natural substances found in BABUNA, has been shown to inhibit histamine release and to regulate the effect of serotonin. Serotonin is a multi-role neurotransmitter that the body produces in the brain and other nervous tissue. One of the important functions of serotonin is to slow down nerve traffic and induce normal sleep. The inability to sleep is often caused by a serotonin deficiency. Via the proprietary process used to produce BABUNA, this remedy has been designed to improve serotonin function and therefore improve sleep.

In September, 2005 a clinical study was conducted in Guayaquil, Ecuador on patients suffering from insomnia. The effects of insomnia can range from simple irritability to hallucinations. Over a three week period, the study showed that Babuna was effective for aiding sleep in 68.8% of the patients.


**SUGGESTED DOSAGE**

**Restless Sleep:** Put 30 drops in 4 oz. of water and wait one minute before drinking. Take at bedtime.

**Severe Restless Sleep:** Put 30 drops in 4 oz. of water and wait one minute before drinking. Take every 30 minutes beginning 2 hours before bedtime for 5 nights.

**Mild Stress:** Put 10 drops in 4 oz. of water and wait one minute. Take 2 to 4 times per day.

**Moderate to Severe Stress:** Put 10 to 15 drops in at least 2 oz. of water. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better, then switch to 10 drops in 4 oz. of water 2 to 4 times per day for maintenance.
BANDEROL is an extract produced from the bark of the Otoba parvifolia (Otoba sp.), a tree that is found in South America. Banderol is very effective against Borrelia burgdorferi and the common co-infections in Lyme disease. BANDEROL also kills some fungi that Cumanda does not. Some microbes treated by BANDEROL include: Anaerobic and Aerobic rods and cocci (many), Aspergillus (some), Babesia, Bartonella, Borrelia, Candida (some), Chlamidia, Cytomegalovirus, Encephalitis viruses (some), Hepatitis viruses (some), Human Papilloma Viruses (some), Mucor (some), Mycoplasma, Protozoal parasites (many), Rickettsia (including Coxiella and Ehrlichia). Some conditions treated by BANDEROL: Acute and Chronic prostatitis, Acute and Chronic respiratory tract infections (many), Acute and Chronic sinusitis, Asthma, Atherosclerotic disease, Cellulitis, Food poisoning, Lyme disease, Parkinson’s disease, Psoriasis, Thrush, Urinary tract infections (many), Vaginal infections.

In an Anti-inflammatory Effect Study, BANDEROL inhibited inflammation by 84.4%. It was compared with Pfizer’s bestselling and very toxic anti-inflammatory drug, Feldene (Piroxicam), which inhibited inflammation 85.6% making Banderol 98.6% as effective as Feldene as an anti-inflammatory.

Allende, S, “Determination of the possible Anti-inflammatory effect of the product known as BANDEROL, produced by the NutraMedix Laboratories, LLC, Florida.” Universidad de Guayaquil Department of Chemical Sciences, Final Report, 02/16/07

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.
BARBERRY is an extract produced from the root of *Mahonia aquifolium*, commonly known as Oregon Grape Root. The Mayo Clinic in 1999 published research proving that chronic sinusitis is caused by an underlying fungus in the sinuses with a superimposed bacterial infection. Only the acute superimposed bacterial infection is eliminated when a patient is treated with a standard pharmaceutical antibacterial; the underlying chronic fungal infection in the sinuses is not addressed. BARBERRY addresses both the bacterial and fungal infections. Many patients that have asthma and bronchospastic disease have chronic sinusitis and/or chronic bronchitis as an underlying cause. Since BARBERRY addresses the underlying infectious causes so well, it usually helps resolve the bronchospasm and asthma. Many practitioners have also found that atherosclerotic disease appears to be primarily an infectious disease caused by bacteria, fungi and sometimes viruses; those practitioners have found BARBERRY to be very helpful in resolving the infection which then causes atherosclerosis to diminish and resolve. BARBERRY effectively treats Chlamydia pneumonia, mycoplasma, many herpes viruses of different types and mucor; peer-reviewed literature states that all of these are known to contribute to atherosclerotic disease.

Research on the extract of the bark of *Mahonia aquifolium* has indicated that its primary bioactive characteristic is the inhibition of lipid peroxidation, and that its main constituents are the alkaloids berberine, berbamine, and oxyacanthine. In addition, *Mahonia aquifolium* bark extract has been shown to inhibit keratinocyte growth in psoriasis. In one study, berberine was as effective as the mahonia extract at inhibiting cell growth, while berbamine and oxyacanthine, the benzylisoquinoline alkaloid constituents of mahonia, were three times as effective at cell growth suppression.

Baumann, LS, “Mahonia,” Skin & Allergy News. DOI: 10.1016/S0037-6337(08)70314-0

Put 15 to 30 drops in 4 oz. of water and wait one minute before drinking. Take twice daily at least 30 minutes before meals.
BURBUR is an extract produced from the leaves of *Desmodium molliculum*, a perennial plant from South America. The herb in BURBUR has been traditionally used for its body cleansing properties. It is very effective in aiding detoxification of the liver, kidneys, lymphatic system and the ground matrix. BURBUR is commonly used in conjunction with antimicrobials produced by NutraMedix like Samento, Banderol and Cumanda. Many health care professionals have reported that BURBUR can be used in place of 5 detoxification remedies. In many cases a significant healing crisis (Herxheimer’s reaction) can be dramatically reduced or eliminated with the frequent use of BURBUR, approximately every 10 minutes.

A 2005 study demonstrated that the administration of BURBUR after taking acetaminophen (an over-the-counter medication with the known side-effect of potentially causing severe liver damage) was capable of protecting the liver when administered in specific concentrations in laboratory tests using mice.

**Allende, S, “Determination of the possible Hepatoprotector potential of the product Burbur Detox originating from NutraMedix LLC Laboratories, Jupiter, Florida, United States.” Universidad de Guayaquil Department of Chemical Sciences, Final Report, 05/27/05**

**Various Reported Medicinal Properties of Burbur:**
- Antiallergic
- Antianaphylactic
- Antiasthmatic
- Anti-inflammatory
- Antimalarial
- Antimicrobial
- Antiparasitic
- Antispasmodic
- Antitumor
- Antiviral
- Chronotropic
- Depurative
- Diuretic
- Hepatoprotector
- Immuno-modulator
- Inotropic
- Sedative
- Digestive

**PRODUCT DESCRIPTION**

**SUGGESTED DOSAGE**

**General Detox Aid:** Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 1 to 2 times daily.

**Mild Toxicity:** Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 10 drops 3 to 4 times daily. May be taken several times per day as needed.

**Moderate to Severe Toxicity and Herxheimer-like Reaction:** Put 10 drops in 2 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.

**NOTES**

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BURBUR-PINELLA is a combination of two extracts: BURBUR, produced from Desmodium molliculum, and PINELLA, produced from Pimpinella anisum; both perennial plants from South America. The herb in BURBUR has been traditionally used for its body cleansing properties. It is very effective in aiding detoxification of the liver, kidneys, lymphatic system and the ground matrix. PINELLA is reported to be very effective in eliminating both man-made and biotoxins from the brain, spinal cord, and peripheral nervous system. BURBUR and PINELLA are both integral components of the Cowden Support Program, a Lyme disease protocol developed by Wm. Lee Cowden, MD. The combination of BURBUR and PINELLA is very effective when a Herxheimer-like reaction is suspected.

Essential oil of Pimpinella anisum (anise oil) was tested for its possible anti-seizure and anti-hypoxia effects in epileptic rats. Anise oil significantly inhibited production of dark neurons in the brains and significantly enhanced the duration of the appearance of anoxic terminal negativity induced by oxygen withdrawal and inhibited induction of LTP. This indicated anticonvulsant and neuroprotective effects of anise oil.


**PRODUCT DESCRIPTION**

**SUGGESTED DOSAGE**

**General Detox:** Put 20 drops in 4 oz. of water and wait one minute before drinking. Take 1 to 2 times daily.

**Mild Toxicity:** Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 3 to 4 times daily. May be taken several times per day as needed.

**Moderate to Severe Toxicity and Herxheimer-like Reaction:** Put 20 drops in 2 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 4 droppers full (approximately 120 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.
CHANCA PIEDRA is an extract produced from the leaves and stems of the CHANCA PIEDRA (Phyllanthus niruri) plant that is found in South America. CHANCA PIEDRA has been used for generations by the indigenous population of South America in eliminating gallstones and kidney stones, reducing pain and spasms associated with these stones and treating malaria, colds, flu and certain other infections. Anecdotal reports in humans suggest CHANCA PIEDRA also has anti-Babesia and anti-OCD properties.

Phyllanthus niruri has been found to exhibit marked inhibitory effect on hepatitis B virus evidenced by its exhaustive utility in cases of chronic jaundice and a published study verified this in woodchucks with hepatitis virus.


One study also examined the anti-HIV effects of the alkaloidal extract of Phyllanthus niruri in human cell lines. This alkaloidal extract suppressed activity of HIV-1 and was found to exhibit sensitive inhibitory response on cytopathic effects induced by both the strains of human immunodeficiency virus on human MT-4 cells in the tested concentrations.


In several in vitro and animal studies, daily intake of this herb helped to prevent the formation of kidney stones. The growth of the matrix calculus, as well as the stone satellites, was greatly reduced in the animals treated with Phyllanthus niruri. In addition, the calculi were eliminated or dissolved in some of the treated animals.


Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Take twice daily at least 30 minutes before meals.
CONDURA is an extract produced from the bark of *Marsdenia condurango*, commonly known as condurango. **CONDURA** is most effective when used both sublingually and topically at the same time. Healthcare professionals using **CONDURA** report rapid relief of many types of pain, including muscular, arthritis, severe headaches, etc.

**Condurango**, in gastric cancers, and in related ulceration, has relieved the pain, stopped the vomiting, and at times, prolonged life. It is recommended for pain and vomiting, as well as to slow the growth of suspicious tumor masses and the pain directly associated with tumor growths. If the disease has a tendency to producing painful cracks and fissures, **condurango** may be useful.


**SUGGESTED DOSAGE**

Put 10 to 20 drops under the tongue and hold for at least two minutes before swallowing. Then apply topically using the number of drops necessary to cover the affected area. May be repeated several times per day.
CUMANDA is an herbal extract made from the bark of the *Campsiandra Angustifolia* tree, found in South America. It has been used by indigenous groups in that region for hundreds of years. CUMANDA is very effective in treating the Borrelia burgdorferi bacteria and practitioners are now using it in conjunction with Samento to treat Lyme Borreliosis with co-infections. Lyme Borreliosis has been linked to hundreds of medical conditions. Many researchers and physicians believe that Lyme Borreliosis may be a factor in most chronic conditions. One of the most impressive benefits of CUMANDA is its antifungal action. Physicians report that it is effective in treating many difficult to treat fungi including Candida krusei, Candida albicans and Aspergillus niger, to name a few.

**PRODUCT DESCRIPTION**

In May 2005, pharmacological studies were conducted in laboratory rodents at the University of Guayaquil in Ecuador. In an Anti-inflammatory Effect Study the CUMANDA inhibited inflammation by 97%. It was compared with Pfizer’s bestselling and very toxic anti-inflammatory drug, Feldene (Piroxicam), which inhibited inflammation by 98%.

Allende, S, “Establishment of the potential anti-inflammatory effect of the product known as CUMANDA, originating from NutraMedix Laboratories, LLC, Florida.” Universidad de Guayaquil Department of Chemical Sciences 05/27/05

At the University of Guayaquil in Ecuador, CUMANDA was determined to be 86% as effective as aspirin as an analgesic.

Allende, S, “Establishment of the potential analgesic effect of the product known as CUMANDA, originating from NutraMedix Laboratories, LLC, Florida.” Universidad de Guayaquil Department of Chemical Sciences 03/05/05

**RESEARCH**

**SUGGESTED DOSAGE**

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

**NOTES**
ENULA is a proprietary blend of the extracts of two plants: Elecampane (Inula helenium), and Jalapa (Ipomoea purga). Elecampane contains inulin which helps promote beneficial intestinal bacteria. This is very important since 70% of the immune system is located in the digestive system. Studies have also shown two other active ingredients in elecampane, alantolactone, and isoalantolactone, to be useful in treating parasites, including roundworm, hookworm, whipworm, and threadworm; this research supports the traditional use of elecampane to treat digestive disorders and parasitic infections. Many practitioners have noted that ENULA is effective against certain species of Babesia, a parasite commonly associated with Borreliosis (Lyme disease).

In late 2007, researchers at Cork Institute of Technology, in Cork, Ireland reported that Elecampane Inula helenium kills the potentially fatal methicillin-resistant Staphylococcus aureus (MRSA) and methicillin-sensitive S. aureus (MSSA). Extracts from two plants were tested against a group of staphylococci including MRSA and Elecampane proved 100% effective against the 200 staphylococci tested.


A 1990 study showed that Ipomoea jalapa was among the enanolic plant extracts that inhibited growth of Mycobacterium Tuberculosis. It has been deemed to be therapeutically useful; having both antituberculosis and other antimicrobial properties.


Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.
EZOV is an extract produced from the flowers of Hyssop officinalis, commonly known as Hyssop. EZOV is primarily used to help the patient resolve subconscious (suppressed) emotions that may affect his/her health. Many healthcare professionals believe that there are 4 major groups of toxins that can contribute to chronic or degenerative disease: 1) microbial biotoxins, 2) heavy metals, 3) other environmental toxins, and 4) emotions. Many doctors also believe that emotions (especially subconscious) cause the patient to more avidly hold on to heavy metals and other toxins. Most of the emotions that affect our health originate before the age of 6 since it is difficult or even impossible for a child to process most traumatic or deep emotional events. Some suppressed emotions can contribute to a medical condition immediately but subconscious emotions can also negatively affect our health many years after the emotions were suppressed. Most practitioners believe that emotions are the most difficult contributor to illness to treat.

Immuno-Selective Anti-Inflammatory Derivatives (ImSAIDs), one of which is in hyssop, are a class of peptides that are reported to have anti-inflammatory effects and can attenuate the amplified inflammatory response by limiting the activation and migration of inflammatory cells thus providing neuro-protective strategies for victims exposed to blasts. This protects the CNS (Central Nervous System) from a pressure effect associated with posttraumatic stress disorder and reactive depression.


Put 1 to 8 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop daily just before bedtime. Add one drop per dose every three days until reaching 8 drops per night (for a small adult) by day 22 or 10 drops (for a larger adult) by day 28. Take for at least two months at full dosage. If not able to sleep well, reduce the dosage and/or the rate of build-up.

Various Reported Medicinal Properties of Ezov:
- Antispasmodic
- Antiviral
- Carminative
- Diaphoretic
- Expectorant
- Reduces Phlegm
- Relaxes Peripheral Blood Vessels
- Resolves Emotions
- Sudorific
- Topical Anti-inflammatory

PRODUCT DESCRIPTION

EMOTIONAL BALANCE
FOR RESOLVING SUBCONSCIOUS TOXIC EMOTIONS THAT ARE THE ROOT CAUSE OF MANY PHYSICAL SYMPTOMS AND PSYCHOLOGICAL DISORDERS
EMOTIONAL BALANCE

EZOV is an extract produced from the flowers of *Hyssop officinalis*, commonly known as Hyssop. EZOV is primarily used to help the patient resolve subconscious (suppressed) emotions that may affect his/her health. Many healthcare professionals believe that there are 4 major groups of toxins that can contribute to chronic or degenerative disease: 1) microbial biotoxins, 2) heavy metals, 3) other environmental toxins, and 4) emotions. Many doctors also believe that emotions (especially subconscious) cause the patient to more avidly hold on to heavy metals and other toxins. Most of the emotions that affect our health originate before the age of 6 since it is difficult or even impossible for a child to process most traumatic or deep emotional events. Some suppressed emotions can contribute to a medical condition immediately but subconscious emotions can also negatively affect our health many years after the emotions were suppressed. Most practitioners believe that emotions are the most difficult contributor to illness to treat.

Immuno-Selective Anti-Inflammatory Derivatives (ImSAIDs), one of which is in hyssop, are a class of peptides that are reported to have anti-inflammatory effects and can attenuate the amplified inflammatory response by limiting the activation and migration of inflammatory cells thus providing neuro-protective strategies for victims exposed to blasts. This protects the CNS (Central Nervous System) from a pressure effect associated with posttraumatic stress disorder and reactive depression.


PRODUCT DESCRIPTION

**SUGGESTED DOSAGE**

Put 1 to 8 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop daily just before bedtime. Add one drop per dose every three days until reaching 8 drops per night (for a small adult) by day 22 or 10 drops (for a larger adult) by day 28. Take for at least two months at full dosage. If not able to sleep well, reduce the dosage and/or the rate of build-up.

**NOTES**

Various Reported Medicinal Properties of EZOV:

- Antispasmodic
- Antiviral
- Carminative
- Diaphoretic
- Expectorant
- Reduces Phlegm
- Relaxes Peripheral Blood Vessels
- Resolves Emotions
- Sudorific
- Topical

FOR RESOLVING SUBCONSCIOUS TOXIC EMOTIONS THAT ARE THE ROOT CAUSE OF MANY PHYSICAL SYMPTOMS AND PSYCHOLOGICAL DISORDERS

**PRODUCT DESCRIPTION**

**HORMONAL BALANCE** is a proprietary blend of the extracts of seven plants — *Epimedium grandiflorum*, *Jatropha macrantha*, *Lepidium meyenii* (Peruvian), *Ptychopetalum olacoides*, *Eustephia coccinea* (Peruvian), *Tribulus Terrestris*, and *Eurycoma longifolia*. HORMONAL BALANCE’s ingredients counteract many of the factors that affect normal libido including stress, low testosterone, diabetes, depression, arthritis, benign prostatic hypertrophy (BPH), poor sleep, consuming too much alcohol, anger, menopause, medications, chronic pain, anemia, hypothyroidism and cardiovascular disease. When left untreated, low libido is often associated with decreased sexual desire, erectile dysfunction, hair loss, lack of energy, increased body fat, mood changes, fatigue, loss of muscle mass, or a decrease in bone mass. The ingredients in HORMONAL BALANCE not only cleanse and eliminate built-up toxins and promote cellular repair, they also balance hormones, promote blood flow, relax and build smooth muscles, and relieve hormone imbalances (i.e., PMS) coinfections that are usually associated with this condition.

**RESEARCH**

**IN VIVO – ACUTE ORAL TOXICITY TESTS**

An acute oral toxicity study was conducted by the University of Guayaquil, Ecuador concluding that HORMONAL BALANCE did not produce toxic effects, thus the product is considered practically innocuous for humans when administered in the acute form. Therefore, studies of acute toxicity at higher doses in humans are not necessary.

**SUGGESTED DOSAGE**

Take 20 drops twice daily. Can be taken under the tongue or in 2 to 4 oz. of water.
HOUTTUYNIA is an extract of the leaves of Houttuynia cordata. Houttuynia cordata is a Chinese medicinal herb that is found throughout Eastern Asia. It has been used traditionally to treat various types of infections, inflammation, hypertension, sinusitis, pulmonary tuberculosis, etc. Dr. James Schaller has found HOUTTUYNIA to be effective against Bartonella in vitro and in vivo and Dr. Lee Cowden has found HOUTTUYNIA to be effective against Bartonella clinically in patients who have resistant strains of Bartonella.

Cognitive impairment is a result of dementia of diverse causes, such as cholinergic dysfunction and Alzheimer’s disease (AD). Research results indicate that water extracts of H. cordata herb (HCW) improved cognitive impairment, due to cholinergic dysfunction, with inhibitory effects against tauopathies and cholinergic antagonists, suggesting that HCW may be an interesting candidate to investigate for the treatment of AD.


The results of this study provided scientific data to support the efficient and safe use of H. cordata to combat severe acute respiratory syndrome (SARS).


SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.
MACA is an herbal extract made from the root of the MACA plant. The cultivation of MACA can be traced back thousands of years, being an integral part of the diet and commerce of the high Andes region of Peru. MACA was domesticated by the Incas and primitive cultivars of MACA have been found in archaeological sites dating as far back as 1600 B.C. MACA helps to improve the hormonal balance in both men and women as they age. MACA is also helpful in building up the strength of the adrenal gland. MACA is a good rejuvenating herb.

**PRODUCT DESCRIPTION**

Various Reported Medicinal Properties of Maca:
- Anxiety
- Estrogen Imbalance
- Sexual Dysfunction
- Depression
- Pms & Menopausal Symptoms
- Testosterone Imbalance

**SUGGESTED DOSAGE**

Take 20 to 30 drops in 4 oz. of water 2 to 3 times daily.

**NOTES**

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MAGNESIUM MALATE is an essential mineral that is required by every cell in the human body and is important for helping to maintain normal cardiovascular, muscle, nerve, bone and cellular function. According to many health care practitioners, malic acid is utilized by the cells for energy production in the mitochondria and magnesium is simultaneously drawn through the cell membrane into the mitochondria, where it is most needed. Most alternative and integrative practitioners find a wide variation in the efficacy of different forms of magnesium. Magnesium oxide, one of the most commonly found forms in nutritional supplements, has the lowest absorption and utilization rate. MAGNESIUM MALATE by NutraMedix (in the form of Dimagnesium malate powder with 20% elemental magnesium in each capsule) is likely to be the most effective form of magnesium, as it is probably the type best absorbed and utilized by the body.

According to the US Department of Agriculture, 57% of the US population are deficient in magnesium (http://www.ars.usda.gov/Services/docs.htm?docid=15672). Magnesium is an essential cofactor in the function of at least 300 different enzymes in the human body involved in energy production, protein synthesis, bone development, muscle and nerve function and maintenance of normal blood glucose, normal blood pressure and normal heart rhythm, just to name a few. One of the most comprehensive research summaries on magnesium, with hundreds of references, is “Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D and Fluoride” from the National Academies Press, 1997 (http://www.ncbi.nlm.nih.gov/books/NBK109825/).

Take 2 capsules twice daily before meals. Increase dosage, if needed, until reaching bowel tolerance (stool is looser than you would like) then slightly decrease the dosage. Patients who have kidney insufficiency or kidney failure should monitor their serum magnesium when taking magnesium of any type.
MAPALO is an herbal extract made from the bark of the Matapalo Phoradendrum crassifolium tree - a Ficus species. Tribal groups in South America have reported it to have neuro-regenerative properties, pain-reducing properties, as well as many other impressive medicinal effects. Some health care professionals have reported that MAPALO can be helpful in stopping the progression of, or reversing, disorders such as Alzheimer's disease, Parkinson's disease, and certain other neurodegenerative diseases, in part, by helping to detoxify heavy metals and other toxins from the brain.

Ethnomedical practitioners extensively use trees of the Moraceae family (including the Ficus species) because of the remarkable therapeutic effects of the presence of an array of phytochemicals which include flavonoids, alkaloids, tannins, stilbenes, terpenoids and other active proteins.


Note: This product should be used with 10 drops of Burbur or Parsley (in the same water) for more complete elimination of toxins.

Put 15 drops in 4 oz. of water and wait one minute before drinking. Take twice daily at least 30 minutes before meals (start with 1 drop in 4 oz. of water adding a drop with each dose).

**Moderate to Severe Toxicity and Herxheimer-like Reaction:** Put 1-15 drops in 2-4 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.
MELATONIN is a neuro-hormone that is related to a wide range of physiological functions in the human body. MELATONIN (N-acetyl-5-methoxytryptamine) is both a neurotransmitter and a hormone that is most known for regulating the body’s circadian rhythm (“internal body clock” that regulates the 24-hour cycle of biological processes, including the sleep/wake cycle). MELATONIN also works in synch with the neurotransmitter serotonin and both are made from the same chemical precursor. Low levels of melatonin have been associated with depression, fibromyalgia, insomnia, some seizure disorders, etc. Night-time light exposure and taking certain drugs like beta-blockers reduce melatonin levels. Some health practitioners have observed that administering melatonin to children with attention deficit disorder often causes those children to become more calm and more focused in their thoughts.

Since beta-blockers suppress endogenous nighttime melatonin secretion and may cause insomnia, randomized, double-blind, placebo-controlled, parallel-group testing on whether nightly melatonin supplementation improves sleep in hypertensive patients treated with beta-blockers was done. Three weeks of nightly melatonin supplementation significantly improved sleep quality.


Put 5 drops under the tongue at bedtime, increasing to 15 drops if needed. Repeat during the night as needed. May also be applied topically to the temples anytime as needed.
MORA is a proprietary blend of the extracts of three plants Blackberry, Capirona, and Yarrow. Traditionally, Yarrow (Achillea millefolium) has been used to treat a number of medical conditions. It was used to help stop minor bleeding and to treat wounds, to treat inflammation in a number of conditions, fight fevers, treat gastrointestinal conditions, lessen heavy menstrual bleeding, and improve circulation. Some of the compounds found in Yarrow that may explain its medicinal benefits are apigenin, luteolin, centaureidin, casticin, artemetin, paulitin, isopaulitin, psilostachyin, desacetylmatricarin and sintenin. Traditionally, blackberry leaf tea (Rubus fruticosus) has been used to treat parasites and Capirona (Calycophyllum spruceanum) to treat diabetes, soothe the skin and for fungal, bacterial and parasitic infections.

A study on yarrow confirms the knowledge of traditional medicine in antiparasitic effects of yarrow. It appears that plant flavonoids and other phenolic compounds (including Apigenin, Luteolin, and Quercetin) are the main active ingredients against leeches. The results of an experimental study in a rat model showed that extracts and essential oils of the yarrow caused inactivation of Enterobius vermicularis, and cut off the worm expulsion and had a good influence on healing of cutaneous Leishmaniasis. In general, it can be stated that Yarrow, in comparison to levamisole and niclosamide, is able to kill leeches and can be used as a natural anti-leech medicinal product.


**PRODUCT DESCRIPTION**

**RESEARCH**

A study on yarrow confirms the knowledge of traditional medicine in antiparasitic effects of yarrow. It appears that plant flavonoids and other phenolic compounds (including Apigenin, Luteolin, and Quercetin) are the main active ingredients against leeches. The results of an experimental study in a rat model showed that extracts and essential oils of the yarrow caused inactivation of Enterobius vermicularis, and cut off the worm expulsion and had a good influence on healing of cutaneous Leishmaniasis. In general, it can be stated that Yarrow, in comparison to levamisole and niclosamide, is able to kill leeches and can be used as a natural anti-leech medicinal product.

**SUGGESTED DOSAGE**

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.
NATURAL BOOST FOR MEN
ENERGY SUPPORT

NATURAL BOOST FOR MEN is a powerful combination of herbal extracts -- Epimedium leaf extract, Tribulus fruit extract, Jatropha macranthastem extract, Muira Puama bark extract, Maca root extract, Ginkgo leaf extract, Eurycoma longifolia root extract, Eustephia coccinea bark extract, Saffron pistil with the addition of L-Arginine HCl, -- to support healthy androgen levels in men and increase blood flow. Clinical studies show improved testosterone levels with increased energy, stamina and libido. The effectiveness of this blend is cumulative and is best with continued daily use. For extra libido boost, take an additional dose immediately before sexual activity.

SUGGESTED DOSAGE

Shake Well Before Each Use:
Take 30 drops twice daily. Can be taken under the tongue or in 2-4 oz. (60-120 mL) of water. Do not use if pregnant or nursing. Stop use if adverse reactions develop.

NOTES

- Antioxidant
- Antidiabetic
- Anti-asthmatic
- Antitussive
- Anti-cephalgic
- Anti-inflammatory
- Anti-pyretic
- Anti-ulcerous
- Aphrodisiac
- Aphrodisiac
- Diuretic
- Hormonal Stimulant
- Hypertensive
- Tonic
- Vasodilator

Various Reported Medicinal Properties of Natural Boost:
- Antioxidant
- Antidiabetic
- Anti-asthmatic
- Antitussive
- Anti-cephalgic
- Anti-inflammatory
- Anti-pyretic
- Anti-ulcerous
- Aphrodisiac
- Aphrodisiac
- Diuretic
- Hormonal Stimulant
- Hypertensive
- Tonic
- Vasodilator

TO INCREASE:
- TESTOSTERONE
- ENERGY
- PERFORMANCE
- STAMINA
NATURAL BOOST FOR MEN

is a powerful combination of herbal extracts with the addition of L-Arginine, to support healthy androgen levels in men and increase blood flow. Clinical studies show improved testosterone levels with increased energy, stamina and libido. The effectiveness of this blend is cumulative and is best with continued daily use. For extra libido boost, take an additional dose immediately before sexual activity.

Shake Well Before Each Use:

Take 30 drops twice daily. Can be taken under the tongue or in 2-4 oz. (60-120 mL) of water. Do not use if pregnant or nursing. Stop use if adverse reactions develop.

PRODUCT DESCRIPTION

SUGGESTED DOSAGE

Various Reported Medicinal Properties of Natural Boost:

• Antioxidant
• Antidiabetic
• Anti-asthmatic
• Antitussive
• Anti-cephalgic
• Anti-inflammatory
• Anti-pyretic
• Anti-ulcerous

NOTES

NATURAL BOOST FOR MEN

is a powerful combination of herbal extracts with the addition of L-Arginine, to support healthy androgen levels in men and increase blood flow. Clinical studies show improved testosterone levels with increased energy, stamina and libido. The effectiveness of this blend is cumulative and is best with continued daily use. For extra libido boost, take an additional dose immediately before sexual activity.

Shake Well Before Each Use:

Take 30 drops twice daily. Can be taken under the tongue or in 2-4 oz. (60-120 mL) of water. Do not use if pregnant or nursing. Stop use if adverse reactions develop.

PRODUCT DESCRIPTION

SUGGESTED DOSAGE

Various Reported Medicinal Properties of Noni:

• Adaptogen
• Analgesic
• Anticancerous
• Anti-inflammatory
• Antimicrobial
• Antimutagenic
• Anti-ulcerous
• Immunomodulator
• Sedative

NOTES

NONI is a tropical fruit that is grown in the Pacific Islands. It has been successfully used for over 2000 years in Polynesia to treat a variety of illnesses. The most beneficial NONI is grown organically in pollution free volcanic soil. James Howenstine, MD, and other medical doctors report that the NutraMedix NONI extract can eliminate the symptoms associated with colds and flu within 3 to 4 hours. Physicians report that 30 ml (one ounce) of NutraMedix NONI extract is as effective as up to 8 liters or 8 quarts of NONI juice from other companies.

RESEARCH

One study showed that the inhibition of inflammatory activity present in NONI juice was compared with that of commercial traditional non-steroidal inflammatory drugs such as aspirin, Indomethacin® and Celebrex®. NONI juice showed selective inhibition of COX enzyme activity in vitro and a strong anti-inflammatory effect comparable to that of Celebrex® and presumably without side effects.


SUGGESTED DOSAGE

Put 15 to 30 drops in 4 oz. of water and wait one minute before drinking. Take twice daily (start with 15 drops adding two drops with each dose until you reach 30).

NOTES
PARSLEY is an extract produced from the leaves and stems of *Petroselinum crispum*. It is a short-lived perennial herb that is a member of the carrot family. The herb PARSLEY provides dietary calcium, iron, riboflavin, thiamine, carotenes, ascorbic acid, and vitamins A and C. It is very effective in aiding detoxification of the liver, kidneys, lymphatic system and the ground matrix. PARSLEY is commonly used in conjunction with antimicrobials produced by NutraMedix like Samento, Houttuynia, Banderol, Cumanda, Enula, and Mora. Many health care professionals have reported that PARSLEY can be used in place of 4 or 5 other detoxification remedies. In many cases, a significant healing crisis (Herxheimer’s reaction) can be dramatically reduced or eliminated by taking 10 drops of PARSLEY approximately every 10 minutes for an hour or two.

### General Detox Aid
Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 1 to 2 times daily.

### Mild Toxicity
Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 10 drops 3 to 4 times daily. May be taken several times per day as needed.

### Moderate to Severe Toxicity and Herxheimer Reaction (healing crisis)
Put 10 drops in 2 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.

### Various Reported Medicinal Properties of Parsley:
- Anti-alopecia (Hair Loss)
- Anti-anemic
- Anti-arthritic
- Anti-cardiovascular Disease
- Anti-gallstones
- Anti-conjunctivitis
- Anti-cystitis
- Anti-dermatitic
- Anti-diarrheal
- Anti-fatigue
- Anti-glucoma
- Anti-gout
- Anti-infection
- Anti-jaundice
- Anti-kidney Stones
- Anti-liver Disease
- Anti-menstrual Irregularity
- Antineoplastic
- Anti-rheumatism
- Galactagogue
- Hypotensive

### Research
An ethanolic extract of PARSLEY was tested for its ability to inhibit gastric secretion and to protect gastric mucosa against the injuries caused by pyloric ligation, hypothermic restraint stress, indomethacin and cyto-destructive agents in rats. The extract had a significant anti-ulcerogenic activity on the models used and also a PARSLEY extract pretreatment replenished gastric wall mucus and non-protein sulfhydryl contents.


### Suggested Dosage

### Notes
PINELLA is an herbal extract made from *Pimpinella anisum*. It has been used by indigenous groups for hundreds of years. PINELLA is an integral component of a Lyme disease protocol developed by William Lee Cowden, MD. Dr. Cowden and other health care professionals report that it is very effective in eliminating both man-made toxins and biotoxins from the brain, the spinal cord and peripheral nerves. Both patients and health care professionals also report that many times there is a significant reduction in brain fog, even after only one dose.

**PRODUCT DESCRIPTION**

**SUGGESTED DOSAGE**

**General Detox:** Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 1 to 2 times daily.

**Mild Toxicity:** Put 10 drops in 4 oz. of water and wait one minute before drinking. Take 3 to 4 times daily. May be taken several times per day as needed.

**Moderate to Severe Toxicity and Herxheimer-like Reaction:** Put 10 drops in 2-4 oz. of water and wait one minute before drinking. Take every 15 minutes until feeling better. Can also put 2 droppers full (approximately 60 drops) in at least 16 oz. of water and sip over a 2 hour period, repeating until feeling better.

**Note:** This product should be used with 10 drops of Burbur or Parsley for more complete elimination of toxins (in the same water).

**RESEARCH**

Research indicates anticonvulsant and neuroprotective effects of anise oil, likely by inhibition of synaptic plasticity.


Three hydroalcoholic extracts which inhibited acetylcholine-induced contraction were tested for activity in rat ano-coccygeus smooth muscle. The relaxant action displayed by *Pimpinella anisum* justifies its use in folk medicine as an antispasmodic agent.


**NOTES**

- Analgesic
- Anodyne
- Antibacterial
- Anti-convulsant
- Anti-fungal
- Antimicrobial
- Antioxidant
- Antiviral
- Aphrodisiac
- Aromatic
- Carminative
- Diaphoric
- Disinfectant
- Diuretic
- Dysmenorrhea
- Galactagogue
- Hypoglycemic
- Hypolipidemic
- Menopausal Hot Flashes
- Muscle Relaxant
- Nervine Stimulant
- Sudorific

Research indicates anticonvulsant and neuroprotective effects of anise oil, likely by inhibition of synaptic plasticity.


Three hydroalcoholic extracts which inhibited acetylcholine-induced contraction were tested for activity in rat ano-coccygeus smooth muscle. The relaxant action displayed by *Pimpinella anisum* justifies its use in folk medicine as an antispasmodic agent.

QUINA is an extract produced from the bark of *Cinchona calisaya*, a tree from South America that is found between 1,400 meters and 2,800 meters above sea level. QUINA has been used for centuries by native South Americans to treat a number of illnesses including malaria, cancer, fever, dysentery, typhoid, pneumonia, etc. It was one of the first South American medicinal plants to become known outside of the Americas. It was first used in Europe in the mid-1600’s and recognized by the British Pharmacopoeia in 1677. Quinine, one of the four alkaloids in QUINA known to have antimalarial properties, has been used to produce medicines to treat malaria for nearly 200 years. Malaria strains have mutated rendering these drugs far less effective causing researchers to re-evaluate the medicinal properties of whole plant extracts of Cinchona species such as QUINA.

**PRODUCT DESCRIPTION**

**QUINA** is an extract produced from the bark of *Cinchona calisaya*, a tree from South America that is found between 1,400 meters and 2,800 meters above sea level. **QUINA** has been used for centuries by native South Americans to treat a number of illnesses including malaria, cancer, fever, dysentery, typhoid, pneumonia, etc. It was one of the first South American medicinal plants to become known outside of the Americas. It was first used in Europe in the mid-1600’s and recognized by the British Pharmacopoeia in 1677. Quinine, one of the four alkaloids in **QUINA** known to have antimalarial properties, has been used to produce medicines to treat malaria for nearly 200 years. Malaria strains have mutated rendering these drugs far less effective causing researchers to re-evaluate the medicinal properties of whole plant extracts of Cinchona species such as **QUINA**.

**NOTES**

- **Antiarrhythmic**
- **Antipyretic**
- **Antispasmodic**
- **Antifungal**
- **Antiparasitic**
- **Antibacterial**
- **Amebicide**
- **Analgesic Astringent**

The demonstration of this product as an anti-inflammatory is important due to its potential as a new, plant-based medication, with its associated low toxicity. **QUINA** was demonstrated to have an anti-inflammatory effect similar to indomethacin and can be used to address inflammation from inflammatory agents such as carrageenan, as observed in animal testing and as appears in specialized literature.

Allende, S, “Establishment of the potential anti-inflammatory effect of the product known as **QUINA**, originating from NutraMedix Laboratories, LLC, Florida.” Universidad de Guayaquil Dept. of Chemical Sciences, Guayaquil, Ecuador 07/26/05

**RESEARCH**

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Allende, S, “Establishment of the potential anti-inflammatory effect of the product known as **QUINA**, originating from NutraMedix Laboratories, LLC, Florida.” Universidad de Guayaquil Dept. of Chemical Sciences, Guayaquil, Ecuador 07/26/05

**SUGGESTED DOSAGE**

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.
Various Reported Medicinal Properties of Samento:

- Antibacterial
- Anticancerous
- Antidepressant
- Antifungal
- Anti-hypertensive
- Antileukemic
- Antimutagenic
- Anti-oxidant
- Antiparasitic
- Antiparkinsonism
- Anti-ulcerous
- Antiviral
- Cytostatic
- Depurative
- Diuretic
- Vermifuge

SAMENTO MICROBIAL DEFENSE

TO RESOLVE:
- AUTOIMMUNE DISORDERS
- SUPPRESSED IMMUNE SYSTEM
- MICROBIAL INFECTIONS
- INFLAMMATION
- DAMAGED DNA
- NUMEROUS CHRONIC CONDITIONS

PRODUCT DESCRIPTION

Awareness is growing that the rainforests are one of the world’s greatest natural resources. Based on current knowledge, it is estimated that the rainforests contain 170,000 of the world’s 250,000 known plant species, and more are still being discovered. Continuing scientific studies are revealing many species to be greatly beneficial for a broad number of medicinal uses.

One of the most unique in its diversity and potential in medicinal applications is SAMENTO, also known as TOA-Free Cat’s Claw. SAMENTO is a rare chemotype of the medicinal plant commonly known as Cat’s Claw, Uncaria tomentosa.

Samento was approved as a medicine in Ecuador in 2004. Government officials have allowed 3 drug claims to be used: anti-inflammatory, antimicrobial and immune system modulator. The Hungarian National Institute of Pharmacy (OGYI), the Hungarian equivalent of the FDA in the US, also approved SAMENTO in 2001 as paramedicament (OTC) pharmaceutical preparation as a “sole or adjunct therapy for rheumatoid diseases, arthritis, and locomotor conditions. It is also approved as a sole or adjunct therapy to enhance immune system function.”

Unlike traditional Cat’s Claw products, the SAMENTO chemotype does not contain Tetracyclic Oxindole Alkaloids (TOAs), a group of chemical antagonists that act upon the central nervous system and can greatly inhibit the positive effect of the Pentacyclic Oxindole Alkaloids (POAs). The POAs primarily affect the immune cells responsible for nonspecific and cellular immunity and demonstrate powerful immune system modulating properties. According to research conducted in Austria, traditional Cat’s Claw products may contain as much as 80% TOAs, yet as little as 1% TOAs can cause a 30% reduction in the immune system modulating properties that POAs provide.

As a result of these phytochemical differences between SAMENTO and Cat’s Claw, SAMENTO can be safely used in a broader range of medical conditions. Cat’s Claw acts as an immune system stimulant making it contraindicated in patients with autoimmune disorders, whereas SAMENTO is an immune system modulator. For this reason, SAMENTO can be used to treat all autoimmune disorders.

TOA-Free Cat’s Claw (SAMENTO) and isolated POAs such as mitraphylline, isomytraphylline, isopteropodine, and pteropodine continue to show promising results as they have been studied.

SUGGESTED DOSAGE

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

NOTES
SEALANTRO is a proprietary blend of the extracts of three plants — *Chlorella vulgaris*, Cilantro (*Coriandrum sativum*), and Seaweed (*Chondracanthus chamissoi*). This powerful combination of extracts detoxifies viral gastroenteritis and mobilizes and binds heavy metals, various radioactive substances, and other positively-charged toxins, especially in the gut. This “gut binding” aids the elimination of those substances from the body. Some specific metals eliminated by SEALANTRO include lead, arsenic, mercury, barium, cadmium, silver, nickel, aluminum, tin, titanium, radium, and indium. SEALANTRO is an integral component of the Cowden Support Program, developed by W. Lee Cowden, MD to address chronic inflammatory conditions such as Lyme disease.

**PRODUCT DESCRIPTION**

**SUGGESTED DOSAGE**

Put 40 drops in 4 oz. of water and wait one minute before drinking. Take every other day at least 30 minutes before a meal.

**NOTES**

Various Reported Medicinal Properties of Sealantro:

- Anti-inflammatory
- Anti-diabetic
- Antioxidant
- Antibacterial
- Antifungal
- Blood Purifier
- Metal Detoxifier
- Improves Digestion

- Boosts Immune System
- Lowers Cholesterol

According to an article that appeared in the Spatula DD, among the properties of *Coriandrum Sativum L* are beneficial effects on lipid metabolism, efficiency as antidiabetics, ability to stimulate digestion and to inhibit platelet aggregation, antioxidant, antilithogenic and as an anti-inflammatory. Coriander (cilantro) is used in the preparation of many household medicines to cure bed cold, seasonal fever, nausea, vomiting, stomach disorders and also used as a drug for indigestion, against worms, rheumatism and pain in the joints. Many of the healing properties of coriander can be attributed to its exceptional phytonutrients and hence, it is often referred to as store house for bioactive compounds.

**PRODUCT DESCRIPTION**

**SERRAPEPTASE** is a strong proteolytic enzyme. The late Hans Nieper, MD, was a German physician that was well known for his use and study of proteolytic enzymes in the treatment of atherosclerosis. He called **SERRAPEPTASE** the miracle enzyme after using ultrasound to measure its ability to effectively dissolve arterial plaque without harming healthy cells lining the arterial wall. One of the most significant features of **SERRAPEPTASE** (Helianthus tuberosus) is that it does not harm any living cells or tissues in the human body; it only dissolves non-living tissue such as cysts, hard and soft arterial plaque, blood clots, etc. The primary purpose of **SERRAPEPTASE** in a protocol for Lyme disease is to dissolve fibrin layers surrounding harmful microbes.

**RESEARCH**

A study was done to investigate the ability of **SERRAPEPTASE** to reduce postoperative swelling, pain and trismus after third molar surgery. Cheek thickness and maximum interincisal distance were measured using calipers. Pain intensity was assessed clinically using a numeric scale. There was a significant reduction in the extent of cheek swelling and pain intensity in the serrapeptase group.


Another study was done to assess the response of serratiopeptidase in patients with carpal tunnel syndrome (CTS). Serratiopeptidase therapy may prove to be a useful alternative mode of conservative treatment, based on sixty-five percent of cases showing significant clinical improvement, which was supported by significant improvement in electrophysiological parameters.


**SUGGESTED DOSAGE**

Take 1 to 2 capsules with a full glass of water (8 oz.) up to 3 times daily at least 30 minutes before meals. 

**Note:** Do not use if taking blood platelet inhibitors such as Ticlid, Plavix, Coumadin or similar prescription medications.

**NOTES**
SPARGA is an extract of the root of *Asparagus officinalis* and is used to resolve Sulfite and/or Sulfa drug toxicity. This condition appears to block the efficient production of reduced L-glutathione, thus inhibiting the body’s ability to eliminate toxins. The problem with sulfite and sulfa drugs likely results from a genetic up-regulation of the Cystathionine-Beta-Synthase (CBS) enzyme or a genetic down-regulation of Sulfite Oxidase (SuOx). When this occurs, sulfite and sulfa drugs build up in that individual, blocking glutathione production and blocking uptake of lipoic acid and sulfur amino acids thus making detoxification inefficient, in which case the toxins that are held up in the body weaken the immune system and the organs, and the patient is predisposed to chronic infection. The CBS and/or SuOx genes may cause sulfites and sulfa drugs to build up to a high enough level in the body so as to possibly block the cell’s ability to take up sulfur amino acids (cysteine, methionine, and taurine) as well as Glutathione and Lipoic Acid. The absence of these nutrients in the cells can impair detoxification from the cells.

**RESEARCH**

In a 2009 Chinese study, the extracts of asparagus were found to exert potent cytoprotective properties, including a strong, wide range of antioxidant activities in liver cells with hepatocellular carcinoma. The extracts of asparagus also promoted specific alcohol metabolic activities in the liver cells through their enzymatic assay. Thus, it was determined that portions of the *Asparagus officinalis* plant have the potential for use in therapy designed to protect the liver from various harmful insults.


**SUGGESTED DOSAGE**

Put 10 drops in 4 oz. of water and wait one minute before drinking. Take twice daily.

**NOTES**

- Anti-arthritic
- Anti-diabetic
- Anti-inflammatory
- Antioxidant
- Anti-rheumatic
- Anti-tumor
- Antiviral
- Aphrodisiac
- Cytotoxic
- Diuretic
- Hepatoprotective
- Neuroprotective
- Sedative

Various Reported Medicinal Properties of Sparga:
STEVIA is an extract from Stevia rebaudiana, having up to 300 times the sweetness of sugar. STEVIA has garnered attention with the rise in demand for low-carbohydrate, low-sugar food alternatives. NutraMedix STEVIA was identified as “Stevia A” in a study published in 2015 where it was shown to be more effective than doxycycline in eliminating Borrelia burgdorferi, in all morphologic forms. It also demonstrated a significant effect in eliminating B. burgdorferi biofilms which were exacerbated when using doxycycline.

A double-blind placebo-controlled study of the effectiveness and tolerability of oral stevioside in human hypertension showed that oral stevioside is a well-tolerated and effective modality and may be considered as an alternative or supplementary therapy for patients with hypertension.


A study showed stevia extract highly effective in killing all morphologic forms of Borrelia burgdorferi and biofilms in vitro.


Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.
**PRODUCT DESCRIPTION**

**TAKUNA** is an extract produced from the bark of *Cecropia strigosa*, a tree that is found throughout South America. It has recently been found to have very powerful antiviral properties as well as some other general antimicrobial properties. Practitioners using the product have found that **TAKUNA** given every hour usually resolves influenzas in just a few hours. In some cases, the symptoms are resolved in as little as one hour. Practitioners also report that **TAKUNA** is effective against some bacterial infections and some fungal infections.

**SUGGESTED DOSAGE**

**Acute Infections:** Put 30 drops in 4 oz. of water and wait one minute before drinking. Take every hour.

**Chronic Infections:** Put 30 drops in 4 oz. of water and wait one minute before drinking. Take 2 to 4 times daily at least 30 minutes before a meal and/or at bedtime.

**RESEARCH**

A 2007 study done in Ecuador showed that **TAKUNA**’s ability to inhibit pain is 73.2% as effective as the nonsteroidal anti-inflammatory drug (NSAID) Feldene. In treating inflammation, however, Feldene is only 38.3% as effective as **TAKUNA**. This demonstrated that **TAKUNA** is a potent anti-inflammatory.

Allende, S, “Determination of the possible Anti-inflammatory effect of the product named TAKUNA (liquid), produced by the Laboratories of NutraMedix, LLC, Florida.” University of Guayaquil Faculty of Chemical Sciences, Guayaquil, Ecuador 02/22/07.

**NOTES**
**TANGARANA MICROBIAL DEFENSE**

*TANGARANA* is an extract produced from the bark of the Palo Santo (*Triplaris peruviana*) tree that is found in South America. For generations, tribal groups in South America have used it for its anti-microbial properties. *TANGARANA* is a broad-spectrum anti-microbial with activity against many Lyme-related microbes, many bacteria, many rickettsia, many fungi and many protozoa. Some of the specific microbes that are treated by *TANGARANA* include: Anaerobic rods and cocci, Babesia, Borrelia, Chlamydia, Encephalitis, Rickettsia (including Coxiella and Erlichia), Aspergillus, Bartonella, Candida, Cytomegalovirus, Human Papilloma Virus (HPV) and Protozoal parasites. If a person cannot take Banderol or Cumanda because of sensitivity/allergy, *TANGARANA* is a reasonable substitute.

**NOTES**

Research presented in a 2015 article stated that plants of the Polygonaceae family are known to produce flavonols. These recently discovered flavonols (of which four have been identified thus far) make the Polygonaceae an excellent source of antioxidant and photoprotective activities.


**SUGGESTED DOSAGE**

Put 1 to 30 drops in 4 oz. of water and wait one minute before drinking. Start with 1 drop twice daily, at least 30 minutes before meals, increasing slowly up to 30 drops twice daily.

**PRODUCT DESCRIPTION**

**RESEARCH**
TEASEL is an extract produced from the root of *Dipsacus fullonum*, a wild flowering plant found in moderate climates around the world. It is known as a common adjunct to fighting chronic Lyme Disease and has many other medicinal properties. TEASEL increases circulation and pulls toxins (including bacteria and fungi) from the tissues of the body, which allows anti-microbial agents to destroy the pathogens. The diuretic properties of TEASEL support the liver to rid the body of liver toxicity. It will also assist in detoxifying the body in the event of a Herxheimer reaction.

**SUGGESTED DOSAGE**

Put 1 to 30 drops in 4oz of water and wait one minute before drinking. Start with 1 drop twice daily (30 minutes before meals) increasing slowly up to 30 drops twice daily or as directed by your physician.

**NOTES**

- Antifungal
- Antiosteoporotic
- Diuretic
- Detoxifier
- Antidepressive
TEASEL is an extract produced from the root of *Dipsacus fullonum*, a wild flowering plant found in moderate climates around the world. It is known as a common adjunct to fighting chronic Lyme Disease and has many other medicinal properties. TEASEL increases circulation and pulls toxins (including bacteria and fungi) from the tissues of the body, which allows anti-microbial agents to destroy the pathogens. The diuretic properties of TEASEL support the liver to rid the body of liver toxicity. It will also assist in detoxifying the body in the event of a Herxheimer reaction.

Put 1 to 30 drops in 4oz of water and wait one minute before drinking. Start with 1 drop twice daily (30 minutes before meals) increasing slowly up to 30 drops twice daily or as directed by your physician.

PRODUCT DESCRIPTION

VERMELLA is an herbal extract made from the leaves of the *Gentianella alborosea* plant. It grows wild in Peru at an altitude of between 3,500 and 4,300 meters and has been used by tribal groups in that region for hundreds of years. It has been and continues to be, used as an appetite suppressant and metabolism enhancer.

PRODUCT DESCRIPTION

VERMELLA was determined to have a significant weight loss effect and has statistically the same weight loss effect as Hoodia gordonii - a cactus from South Africa primarily used to suppress appetite.

In March-April, 2006, a placebo-controlled clinical study was conducted to determine the weight loss effect of VERMELLA. Preliminary results show that VERMELLA is effective for both weight loss and body fat reduction.

SUGGESTED DOSAGE

Put 8 to 15 drops in 4 oz. of water and wait one minute before drinking. Take twice daily at least 15 minutes before lunch and dinner.

NOTES
**VITAMIN C – DIETARY SUPPLEMENT** contains a highly purified source of ascorbic acid and is comparable to reagent grade vitamin C. This hypo-allergenic form is made from tapioca instead of corn – having absolutely no traces of corn antigen or other allergenic materials – so that those individuals with food sensitivities who are not able to tolerate other, less pure forms of ascorbic acid can benefit. In addition, no chemical lubricants are used in the encapsulation process and this product contains no diluents, preservatives or binders, thus insuring maximal tolerance and absorption. **VITAMIN C** plays a critical role in your body. It is a powerful antioxidant, aids in wound healing, stimulates white blood cell immune activity and helps the body combat colds, flu and other infections. It also supports cardiovascular health and aids in iron absorption. **VITAMIN C** deficiency can be a real problem and is not uncommon when undergoing emotional stress or higher levels of physical stress such as burns, surgery, or other trauma. It is very beneficial when dealing with other ailments such as allergies and infections.

**PRODUCT DESCRIPTION**

**VITAMIN C** – **DIETARY SUPPLEMENT** contains a highly purified source of ascorbic acid and is comparable to reagent grade vitamin C. This hypo-allergenic form is made from tapioca instead of corn – having absolutely no traces of corn antigen or other allergenic materials – so that those individuals with food sensitivities who are not able to tolerate other, less pure forms of ascorbic acid can benefit. In addition, no chemical lubricants are used in the encapsulation process and this product contains no diluents, preservatives or binders, thus insuring maximal tolerance and absorption. **VITAMIN C** plays a critical role in your body. It is a powerful antioxidant, aids in wound healing, stimulates white blood cell immune activity and helps the body combat colds, flu and other infections. It also supports cardiovascular health and aids in iron absorption. **VITAMIN C** deficiency can be a real problem and is not uncommon when undergoing emotional stress or higher levels of physical stress such as burns, surgery, or other trauma. It is very beneficial when dealing with other ailments such as allergies and infections.

**NOTES**

In 2015, research concluded that the protective effects of **VITAMIN C** on A/FM/1/47 (H1N1) influenza virus-caused pneumonia might be related to its inhibition of corticosteroid synthesis, which reduces the susceptibility to influenza viral infection in restraint-stressed mice.


**RESEARCH**

One to two capsules per day after a meal or as directed by your physician. For patients with a Vitamin C deficiency and/or constipation (less than 3 bowel movements per day), add 1 capsule per day over 2 doses (morning and evening) until bowel tolerance (the dose tolerated by a patient without producing diarrhea) is reached. Some patients require up to 12 capsules per day (6 in the morning and 6 in the evening) to reach bowel tolerance. Hemolysis is possible when taking vitamin C of any type in patients with a G6PD deficiency and should be monitored.

**SUGGESTED DOSAGE**

**PRODUCT DESCRIPTION**

**NOTES**

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**Various Reported Medicinal Properties of Vitamin C:**

- Anti-anemic
- Anti-cancer
- Anti-cardiovascular Disease
- Anti-cataract
- Anti-contusion
- Anti-epistaxis
- Anti-gingivitis
- Anti-hyperkeratosis
- Antihypertensive
- Anti-inflammatory
- Anti-methemoglobinemic
- Antioxidant
- Anti-sclerotic
- Anti-scurvy
- Antiviral
- Collagen Synthesizer
- Forms Healthy Scars
- Heals Wounds
PART II: COWDEN SUPPORT PROGRAM
Protocol for Borrelia and Lyme Co-Infections & Most Chronic Conditions

The Cowden Support Program utilizes 14 different NutraMedix products including 6 Microbial Defense herbals (3 pairs of herbals) that are taken rotationally. The first pair (Banderol and Samento) were studied in vitro by Eva Sapi, PhD and her group at the University of New Haven, Connecticut and found to eliminate all forms of Borrelia burgdorferi (spirochetes, round-body forms and biofilm forms). In that study, doxycycline antibiotic was not nearly as effective against biofilm and round body forms of Borrelia burgdorferi. Richard Horowitz, MD in New York State has found the Cowden Support Program to be effective in markedly improving the condition of 70-80% of the advanced Lyme Borreliosis patients with co-infections over 4 to 6 months time, even if the patients had previously failed to improve on multiple courses of antibiotics. Dr. Horowitz presented the findings of his use of the Cowden Support Program in a fairly large group of his patients with Lyme Borreliosis & co-infections at the ILADS conference in the fall of 2007. More recently, a 9 month observational study with the Cowden Support Program was conducted by the Borreliose Centrum Augsburg, Germany. Completed in 2012, this study resulted in 80% of patients showing symptomatic improvements (via questionnaire) and 90% of patients showing improvements via lab blood tests.

One of the reasons for the success of the CSP is the fact that the Microbial Defense products have broad-spectrum action against bacteria, fungi, parasites, and even viruses and they are natural anti-inflammatories and are non-toxic. When only pharmaceuticals are used, which have a much narrower spectrum of action than these broad spectrum herbals, many late-stage Lyme patients fail to get well and symptom free because often times the pharmaceutical drugs are not able to resolve the various remaining microbial infections, deal with the immune dysregulation and gut dysbiosis, etc. Toxicology studies at the University of Guayaquil, Ecuador showed these herbs can be given to animals at thousands of times the recommended doses without changes in animal behavior or in organ histopathology.

Another reason the CSP is so successful is because of other constituents of the program. Takuna has powerful antiviral properties and is included in the first 3 months of the program. Stevia is included in all months of the program and has been proven to kill all forms of Borrelia and to be broad-spectrum antifungal. The Sealantro helps to detoxify most heavy metals from the body, various biotoxins and several other man-made toxins. The Burbur-Pinella removes toxins from the brain, spinal cord and nerves and, with Parsley, help detoxify the liver, gall bladder, kidneys, lymphatics, and interstitial spaces (the space between cells). Sparga helps detoxify from the body the Sulfa antibiotics and other sulfa drugs that block the body's sulfation pathways and the glutathione toxin-conjugation pathways.

The Serrapeptase taken 30 minutes before food gets absorbed and breaks down biofilm and fibrin in the body. When fibrin that covers over microbes is stripped away with Serrapeptase, the immune system and the antimicrobial products can more effectively gain access to those microbes. When fibrin that is adhered to capillary walls is stripped away by Serrapeptase, oxygen is much more easily able to move from red blood cells into the tissues, thus converting predominantly anaerobic metabolism back into aerobic metabolism. This results in a shift from a microbe-friendly lactic acidosis tissue environment to a normal acid-base environment.

Most chronically ill patients are magnesium deficient. The Magnesium Malate is the most highly absorbable and highly utilizable form of magnesium. Approximately fifty percent of metabolic enzymes, that ultimately cause ATP energy production for the cells, require magnesium as a co-factor. And magnesium is necessary for normal heart rhythm, normal blood pressure, normal nerve and brain function, normal contraction and relaxation of skeletal muscles as well as smooth muscles in the gut, bile ducts, pancreatic ducts, etc.

The Cowden Support Program is not effective unless you are drinking 3 quarts (liters) of water throughout the day

Drinking 2-3 ounces (60-90ml) of pure drinking water every 10-15 minutes during all waking hours causes most of the water to go into the cells, hydrate the cells, mobilize toxins out of the cells & ultimately mobilize toxins out of the body (mostly through urine & feces). Drinking large quantities of water even a few times per day does not efficiently hydrate the body nor does it mobilize toxins out of the body.

Black tea, green tea, coffee, sodas & alcoholic drinks are not hydrating. Vegetable and some fruit juices (lemon & lime) are hydrating. While most herbal teas are hydrating, when too much sugar is added to herbal teas, they can be dehydrating rather than hydrating; therefore, the best choice
of sweeteners for herbal teas would be NutraMedix Stevia.

Patients on the CSP are encouraged to find ways to laugh each day, to avoid unnecessary stress and bad relationships, to pray or meditate each day, and to find a way to give and receive love each day, even if that means having a dog or a pet. Unconditional love is one of the most powerful healing sources in the universe.

ATTENTION: Fibers and most products that act as binders can be taken at least 30 minutes after a dose and at least 4 hours before a dose. Certain binders such as Activated Charcoal, Calcium Bentonite Clay & Cholestyramine (Questran) should be taken ONLY as absolutely necessary to resolve a Herxheimer reaction.

14 PRODUCTS USED & PRIMARY FUNCTIONS

**BANDEROL**
MICROBIAL DEFENSE
Banderol is very effective against Borrelia burgdorferi and the common co-infections in Lyme disease. Banderol also kills some fungi that Cumanda does not.

**CUMANDA**
MICROBIAL DEFENSE
Anti-inflammatory, broad-spectrum antiviral, antibacterial, antifungal, and antiparasitic (both protozoa and worms) herbal tincture; also effective against Borrelia burgdorferi, other Borrelia species and Lyme co-infections.

**HOUTTUYNIA**
MICROBIAL DEFENSE
Anti-inflammatory, broad spectrum antibacterial, antifungal and antiviral herbal tincture; also effective against most Borrelia species and Lyme co-infections.

**ENULA**
MICROBIAL DEFENSE
Anti-inflammatory, broad spectrum antiparasitic (both protozoa and worms) herbal combination tincture with some antibacterial, antifungal and antiviral properties.

**BURBUR-PINELLA**
DETOX/BRAND-NERVE CLEANSE
An herbal tincture that aids detoxification of man-made toxins and biotoxins from the liver, kidney, lymphatic system and interstitial space (the space between the cells); eliminates neurotoxins from the brain, spine and peripheral nervous system.

**MAGNESIUM MALATE**
DIETARY SUPPLEMENT
A highly absorbable and utilizable form of magnesium which helps to maintain normal cardiovascular, muscle, nerve, bone and other cellular functions.
**MORA**

**MICROBIAL DEFENSE**

Anti-inflammatory, broad spectrum antiparasitic (both protozoa and worms) herbal combination tincture with some antibacterial, antifungal and antiviral properties.

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**SAMENTO**

**MICROBIAL DEFENSE**

Samento does not contain the tetracyclic oxindole alkaloids (TOAs) that are found in traditional Cat’s Claw. TOAs disrupt central nervous system function and greatly inhibit the effects of the POAs. Cat’s Claw is an immune system stimulant, and Samento is an immune system modulator. Also, Samento can be used to treat all autoimmune disorders.

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**SPARGA**

**SULPHUR DETOX**

An asparagus herbal tincture that detoxifies the body from sulfa antibiotics and other sulfa drugs which can block the detoxification pathways.

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**STEVIA**

**SWEET HERB**

Antibacterial, antioxidant, broad-spectrum antifungal; effective against all morphologic forms of Borrelia

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**SERRAPEPTASE**

**DIETARY SUPPLEMENT**

An enzyme derived from the serratia bacteria in the gut of silk worms; this enzyme digests fibrin covering over and hiding microbes in the body, digests fibrin attached to the capillary wall (thus improving oxygen transport into the tissues) and aids in the digestion of microbial biofilm.

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**SEALANTRO**

**METAL DETOX**

A combination of sea weed, chlorella and cilantro extracts that mobilize from the tissues and bind heavy metals, various radioactive substances and other positively-charged toxins, especially in the gut, so that those items can be eliminated from the body.

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**TAKUNA**

**MICROBIAL DEFENSE**

Antiviral, antibacterial, antifungal, anti-inflammatory; effective against influenzas
PART III: OTHER PROTOCOLS
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DOSING

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.

Shake the liquid products well before each use. To ensure the proper dosage, dispense drops by holding the dropper at a 45 degree angle. Mix the liquid products, of each dose, together in a glass, porcelain or paper cup (not Styrofoam, plastic or metal) then add at least 4 oz. (120ml) of water. Do not use distilled, sparkling, or reverse osmosis water. Let sit for at least 1 minute before drinking (longer is fine - up to 2 days). 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.

HYDRATION

Adult patients are urged to drink 2-3 liters or quarts of water per day (proportionately less for children based on weight). Drinking 2-3 ounces (60-90ml) of pure drinking water every 10-15 minutes during all waking hours causes most of the water to go into the cells, hydrate the cells, mobilize toxins out of the cells and ultimately mobilize toxins out of the body (mostly through urine & feces). Drinking large quantities of water even a few times per day does not efficiently hydrate the body nor does it mobilize toxins out of the body.

Black tea, green tea, coffee, sodas & alcoholic drinks are not hydrating. Vegetable and some fruit juices (lemon & lime) are hydrating. While most herbal teas are hydrating, when too much sugar is added to herbal teas, they can be dehydrating rather than hydrating; therefore, the best choice of sweeteners for herbal teas would be NutraMedix STEVIA.

STRESS AND DIET

Patients are urged to practice stress reduction techniques (deep-breathing while visualizing with all 5 sense a relaxing vacation spot) for 4 minutes before each meal and before each bedtime. Patients should be in bed resting (whether they fall asleep or not) in a pitch-dark bedroom with minimal electro-magnetic pollution, from 11pm to 6 or 7am each night.

Patients are urged to eat more raw, organic foods that are NOT genetically-modified and to avoid sugars, excessive starches, processed foods and fried foods. Avoid all known food allergies. If you are unaware of any food allergies you may have, we recommend avoiding all common food allergens – all cow milk and cow cheese products, all wheat products, all corn products (corn oil, corn starch, and 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 with NutraMedix STEVIA), canola oil and hydrogenated oils. Patients who avoid these foods usually improve much faster.

HERXHEIMER REACTION (HEALING CRISIS)

If a Herxheimer reaction is suspected (feeling worse in any way than you were before) take 20 drops of BURBUR-PINELLA in 2 oz. (60 ml) of clean water every 10 minutes for up to 2 hours and then resume the program. The easiest way to do this is add 4 droppers full of BURBUR-PINELLA to a bottle of water and sip it over a two hour period, repeating it as many times as necessary until feeling better. If the symptoms still exist by the time of the next scheduled dose of antimicrobial products then skip that one dose. If this happens more than once then consider increasing the dosage every 1 - 2 days instead of every dose.
ANXIETY / PANIC ATTACK

Causes: Usually subconscious emotions of fear originating in early childhood, tissue acidity and mineral deficiency

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

- **AMANTILLA**: 15 drops every 15 min. until symptoms subside then take four times daily at beginning of meals and at bedtime.

- **ADRENAL**: 15 drops three times daily 15 min. before mealtimes.

- **MAGNESIUM MALATE**: 2-6 capsules (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.

- **Chromium polynicotinate**: 200mcg twice daily
- **B-Complex vitamin**: Every morning with food

mix the drops in a glass of at least 120 ml.
ARTHRITIS (OSTEO AND RHEUMATOID)

- **Osteo-arthritis:** unrecognized fungal, viral or parasitic infection in the joints, environmental toxins accumulating in the joints, tissue acidity, mineral deficiencies, osteitis of the jaw, pulpitis of the teeth. The condition is made worse by chronic abuse of the joints like jogging on concrete.

- **Rheumatoid arthritis:** immune reaction against the cells that line the joints caused by toxins or viruses in the synovial cells.

### DOSING - PRODUCTS CAN BE TAKEN TOGETHER

1. **SAMENTO**
   - 30 drops twice daily 30 min. before mealtimes (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)

2. **BURBUR or PARSLEY**
   - 10 drops twice daily

3. **BARBERRY**
   - 30 drops twice daily

### DOSING - PRODUCTS CAN BE TAKEN TOGETHER

1. **TAKUNA**
   - 30 drops

2. **BURBUR or PARSLEY**
   - 10 drops

3. **ADRENAL**
   - 15 drops

4. **MAGNESIUM MALATE**
   - 2-6 capsules (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.

- If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)

- Every 3rd night at bedtime take 10 drops of **SEALANTRO**

- **FOR PAIN** - Take 20-30 drops of **CONDURA** as needed placed under the tongue and held for at least 2 minutes and at the same time apply topically on the site of pain using the number of drops necessary to cover affected area.

### ALSO RECOMMENDED

- 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 with NutraMedix STEVIA). Avoid foods in the nightshade family (the alkaloids in them cause inflammation to worsen)- potatoes, tomatoes, peppers, eggplant, tobacco and coffee are the worst.
## ASTHMA

**Causes:** Food and inhalant allergies and usually an underlying chronic sinusitis or chronic bronchitis which is normally caused by a fungal infection with a superimposed bacterial infection.

### DOSING - PRODUCTS CAN BE TAKEN TOGETHER

<table>
<thead>
<tr>
<th>BARBERRY</th>
<th>SAMENTO</th>
<th>BURBUR-PINELLA</th>
<th>ADRENAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 drops</td>
<td>20 drops (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)</td>
<td>20 drops</td>
<td>15 drops</td>
</tr>
</tbody>
</table>

- Twice daily at mealtimes take 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.
- If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily) Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as

### ALSO RECOMMENDED

- 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 with NutraMedix STEVIA), if asthma persists avoid all gluten grains (wheat, barley, rye, oats, spelt, kamut, triticale), can use Ki therapy to stop asthma attacks, see www.kinginstitute.org
ASTHMA

fungal infection with a superimposed bacterial infection.

Causes:

attacks, see www.kinginstitute.org

avoids gluten grains (wheat, barley, rye, oats, spelt, kamut, triticale), can use Ki therapy to stop asthma

soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA),
milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods),
(clean mineralized, not distilled or reverse osmosis),

Drink 3-4 liters (quarts) of water daily

also recommended

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

2 times per day

30+ minutes before meals

mix the drops in a glass of at least 120 ml.

BANDEROL
30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) May be cycled bi-weekly with CUMANDA

BURBUR-PINELLA
20 drops

ADRENAL
15 drops (for 8-12 weeks)

SEALANTRO
40 drops every other night at bedtime

AMANTILLA
15 drops

MAGNESIUM MALATE
2-6 capsules (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.

VITAMIN C
2-6 capsules starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

TAKUNA
30 drops

PARSLEY
10 drops

ALSO RECOMMENDED

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 with NutraMedix STEVIA).

Also avoid: hydrogenated oils, very-long-chain fatty acids (found in canola oil, peanuts and mustard), fried foods, scrambled and fried eggs, foods made from powdered milk and powdered eggs.

Stress reduction: deep breathing, prayer, meditation, etc. Walk 15 to 30 min several times per week on a treadmill or if walking outside, walk with a healthy partner carrying a mobile phone so that help may be called if needed. Proteolytic enzymes (5 Bromelain or 4 Carnivora or 3 Serazyme or 3 Lumbrokinase) with water and with each dose of Cumanda or Banderol: if there is a tendency to develop allergies rotate between at least 2 of these enzymes;

Chromium polynicotinate: 200-400 mcg twice daily with breakfast time and supper time; Tocotrienols with Vitamin E: 1 twice daily at breakfast time and supper time;

EPA / DHA Fish Oil: at least 360 mg of EPA with DHA twice daily just before breakfast and dinner; Wild Blueberry: 1 capsule twice daily at lunch time and bedtime; L-Lysine: 2000 mg twice daily at lunch and bedtime; L-Proline: 2000 mg twice daily at lunch and bedtime; Coenzyme Q10 (rice emulsified—without soy): at least 100 mg at supper time; Acetyl-L-Carnitine: 500 mg at breakfast time; B vitamin complex: 1 capsule at lunch time.

If there is calcified plaque in the arteries take LipoPhos EDTA (Allergy Research Group): 1 ounce 30 min. before bedtime every other day mixed with a tart juice like fresh squeezed lemonade or limeade made with NutraMedix stevia.
BARTONELLA

Best to take the products for 3 months

**DOsing - Products can be taken together**

- 3 times per day
- 30+ minutes before meals
- Mix the drops in a glass of at least 120 ml.

### FOR 12 1/2 DAYS,

- **Houttuynia**
  - 30 drops
  - Build up as quickly as possible to 30 drops

- **Samento**
  - 30 drops

- **Burbur - Pinella**
  - 20 drops, only for 1 1/2 days

- **Serrapeptase**
  - 2 capsules

### FOR 12 1/2 DAYS,

- **Cumanda**
  - 30 drops

- **Samento**
  - 30 drops

- **Burbur - Pinella**
  - 20 drops, only for 1 1/2 days

- **Serrapeptase**
  - 2 capsules

### FOR 12 1/2 DAYS,

- **Tangarana**
  - 30 drops

- **Samento**
  - 30 drops

- **Burbur - Pinella**
  - 20 drops, only for 1 1/2 days
  - Then repeat cycle for 3 months

- **Serrapeptase**
  - 2 capsules

### ALSO RECOMMENDED

- **Stevia** is also reported effective for Bartonella.
BARTONELLA

Best to take the products for 3 months
3 times per day mix the drops in a glass of at least 120 ml.
30+ minutes before meals

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

CUMANDA
30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)

BURBUR-PINELLA
20 drops

SEALANTRO
30 drops

TANGARANA
20 drops, only for 1 1/2 days

SARRANTA
30 drops

SAMENTO
20 drops, only for 1 1/2 days

BURBUR - PINELLA
2 capsules

SERRAPEPTASE
30 drops

FOR 12 1/2 DAYS,

STEVIA
is also reported effective for Bartonella.
then repeat cycle for 3 months

ALSO RECOMMENDED

BPH (BENIGN PROSTATIC HYPERTROPHY)

Causes: Usually a combination of a fungal overload and heavy metal contamination.

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 with NutraMedix STEVIA) Usually wise to avoid all sugars and starches including honey, maple syrup, all fruits and fruit juices other than lemons and limes, all starches, all grains, all dried beans, all potatoes, carrots and other root vegetables for at least 2 months while on the full dose CUMANDA.
BREAST CANCER

Causes: Human Papilloma Virus and usually one or more of the following: Syphilitic Miasm, additional microbial infections (usually fungal), heavy metals (most commonly mercury from amalgams in the teeth), environmental toxins (usually pesticides), radiation exposure or radio activity exposure (nuclear power plant, radon gas in the home, mammograms, etc), hormone replacement therapy (especially synthetic hormones), breast implants, EMF exposure, a major emotional event within 2 years before the cancer was detected, tissue acidity, low hydrochloric acid in the stomach and low pancreatic enzyme function, iodine deficiency.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **SAMENTO**
  - 30 drops (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)
- **BURBUR or PARSLEY**
  - 15 drops
- **TAKUNA**
  - 30 drops
- **ADRENAL**
  - 15 drops
- **SERRAPEPTASE**
  - 4 capsules

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **NONI**
  - 30 drops
- **MAGNESIUM MALATE**
  - 2-6 capsules (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.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **EZOV**
  - Start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months
- **AMANTILLA**
  - 15 drops

**ALSO RECOMMENDED**

- Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis).
- Proteolytic enzymes (such as Carnivora): 4 capsules three times daily 30 minutes before food with water, Syphillinum- 1M and 10M- rub 8 drops on skin once weekly for 3 months (succus- pound the bottle on a soft backed book 50 times just before each use).
- Avoid identifiable causes, 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 with NutraMedix STEVIA).
- Detoxify with clay bath or infrared sauna, Raw diet if possible without animal source protein, Lugol’s Iodine supplementation 1-6 drops of saturated solution of Potassium iodide daily (put drops on one wrist and rub into other wrist).
BREAST CANCER

Causes: Human Papilloma Virus and usually one or more of the following: Syphilitic Miasm, additional microbial infections (usually fungal), heavy metals (most commonly mercury from amalgams in the teeth), environmental toxins (usually pesticides), radiation exposure or radioactivity exposure (nuclear power plant, radon gas in the home, mammograms, etc), hormone replacement therapy (especially synthetic hormones), breast implants, EMF exposure, a major emotional event within 2 years before the cancer was detected, tissue acidity, low hydrochloric acid in the stomach and low pancreatic enzyme function, iodine deficiency.

30 drops (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)

15 drops

SAMENTO

TAKUNABURBUR or PARSLEY

3 times per day mix the drops in a glass of at least 120 ml.

30+ minutes before meals

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

30 drops

BARBERRY

20 drops (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)

BURBUR or PARSLEY

10 drops

ADRENAL

15 drops

If symptoms persist after 1-2 weeks replace BARBERRY with CUMANDA or BANDEROL - 30 drops twice daily 30 min. before mealtimes (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)

ALSO RECOMMENDED

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). If sinusitis is suspected as a cause follow the sinusitis protocol.
CANCER (PREVENTION)


**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **2 times per day**
- **30+ minutes before meals**
- **mix the drops in a glass of at least 120 ml.**

- **SAMENTO**
  - 30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)

- **BURBUR-PINELLA**
  - 20 drops

- **ADRENAL**
  - 15 drops (for 8-12 weeks)

- **NONI**
  - 30 drops

- **MAGNESIUM MALATE**
  - 2-6 capsules (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.

- **VITAMIN C**
  - 2-6 capsules starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

- **SEALANTRO**
  - 40 drops at bedtime every other day

**ALSO RECOMMENDED**

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Raw diet if possible without animal source protein.
### CancEr (Prevention)

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), *Raw diet if possible without animal source protein.*

### Causes


#### Dosing - Products Can Be Taken Together

<table>
<thead>
<tr>
<th>2 times per day</th>
<th>30+ minutes before meals</th>
<th>Mix the drops in a glass of at least 120 ml.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Samento</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 drops</td>
<td>(start with one drop twice daily, slowly increasing the dose until reaching 20 drops twice daily)</td>
<td></td>
</tr>
<tr>
<td><strong>Banderol</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30 drops</td>
<td>(start with one drop twice daily, slowly increasing the dose until reaching 30 drops twice daily)</td>
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</tr>
<tr>
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<td></td>
</tr>
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<td></td>
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#### Dosing - Products Can Be Taken Together

<table>
<thead>
<tr>
<th>3 times per day</th>
<th>Immediately after meals</th>
<th>Mix the drops in a glass of at least 120 ml.</th>
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<tbody>
<tr>
<td><strong>Burbur or Parsley</strong></td>
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#### Dosing - Products Can Be Taken Together

<table>
<thead>
<tr>
<th>1 time per day</th>
<th>At bedtime</th>
<th>Mix the drops in a glass of at least 120 ml.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ezov</strong></td>
<td>8 drops</td>
<td>(start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months)</td>
</tr>
<tr>
<td><strong>Burbur or Parsley</strong></td>
<td>10 drops</td>
<td></td>
</tr>
<tr>
<td><strong>Sealantro</strong></td>
<td>40 drops</td>
<td>(every other night)</td>
</tr>
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</table>

### Also Recommended

- **Noni**
  - 30 drops
- **Magnesium Malate**
  - 2-6 capsules (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.
- **Vitamin C**
  - 40 drops at bedtime every other day
- **Sealantro**

### Celiac Disease (Gluten Intolerance)

**Causes:** Inflammatory condition in the bowel caused by a combination of a genetic predisposition, usually a sensitivity to gluten, toxin accumulation in the bowel, and usually microbial infections in the bowel and heavy metals.

#### Dosing - Products Can Be Taken Together

<table>
<thead>
<tr>
<th>2 times per day</th>
<th>30+ minutes before meals</th>
<th>Mix the drops in a glass of at least 120 ml.</th>
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<td></td>
</tr>
<tr>
<td><strong>Sealantro</strong></td>
<td>40 drops</td>
<td>(every other night)</td>
</tr>
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</table>

**Eat**

*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 with NutraMedix STEVIA). Avoid known food allergens, Avoid all Gluten grains, Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or ProBiotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.*
CHLAMYDIA PNEUMONIAE

Best to take the products for 3 months

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- 2 times per day
- 30+ minutes before meals
- mix the drops in a glass of at least 120 ml.

### FOR 12 1/2 DAYS,

<table>
<thead>
<tr>
<th>Product</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>BANDEROL</td>
<td>build up as quickly as possible to 30 drops</td>
</tr>
<tr>
<td>SAMENTO</td>
<td>30 drops</td>
</tr>
<tr>
<td>BURBUR - PINELLA</td>
<td>20 drops, only for 1 1/2 days</td>
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</tr>
<tr>
<td>SAMENTO</td>
<td>30 drops</td>
</tr>
<tr>
<td>BURBUR - PINELLA</td>
<td>20 drops, only for 1 1/2 days, then repeat cycle for 3 months</td>
</tr>
<tr>
<td>SERRAPEPTASE</td>
<td>2 capsules</td>
</tr>
</tbody>
</table>
CHLAMYDIA PNEUMONIAE

Best to take the products for 3 months 2 times per day mix the drops in a glass of at least 120 ml. 30+ minutes before meals

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

- SAMENTO
  - 30 drops (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily)

- BURBUR-PINELLA
  - 20 drops

- ADRENAL
  - 15 drops

- SEALANTRO
  - 40 drops – once every other day at bedtime

- Iodine supplementation - 1-8 drops of 2% Lugol’s Solution daily (put drops on one wrist and rub into other wrist)

CAUSSES: Usually iodine deficiency and/or liver toxicity caused by heavy metals and other man-made toxins.
Causes: Type 1 is primarily caused by a viral infection in the pancreas. Toxins in the pancreas create an environment for the viral growth, viruses create inflammation which attracts more toxins. Congenital Borreliosis (Lyme disease) can also destroy the function of the pancreas. Type 2 (insensitivity of the insulin receptors to insulin, excessive production of glucagon, excessive insulin) is primarily caused by poisons in the environment. The most common man-made toxins that can cause this problem are phthalates and phosphates. Other causes: severe chromium deficiency, vanadium deficiency, allergy reactions, especially to foods that cause a gluconeogenic hyperglycemia that cannot be compensated for in the presence of insulin resistance. Also, some heavy metals.

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 with NutraMedix STEVIA). Chromium polynicotinate: 200mcg twice daily, Avoid known food allergens, Avoid foods that are not beneficial for your blood type, and eat low-glycemic foods.
GALLSTONES

Causes: Usually a bacterial infection but sometimes a fungal or parasitic infection. It is also caused by eating too much sugar and not enough sour or bitter foods. It is more likely to occur if consistently awake between 11pm and 3am when the gall bladder and liver typically detoxify themselves.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **CHANCA PIEDRA**
  - 30 drops **3 times per day**

- **CUMANDA**
  - 30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)

- **BURBUR or PARSLEY**
  - 10 drops

- **BANDEROL**
  - 30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)

- **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

**ALSO RECOMMENDED**

Drink **3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Orthophosphoric Acid** - 15 drops three times daily (for 5 days only) & rinse mouth thoroughly.
Causes: One or more of the following: vascular spasms, liver toxicity, malalignment of the skull (skull jamming) or upper cervical spine, chronic sinusitis-usually the pain is around the forehead or the eyes (see Chronic sinusitis protocol for treatment), chronic viral encephalitis.

3 times per day mix the drops in a glass of at least 120 ml.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

Mix 10 drops of PINELLA and 10 drop of PARSLEY together in at least a ½ cup (4 oz./120ml), let sit for one minute then drink. Then open one capsule of MAGNESIUM MALATE and place the powder under the tongue along with 1 dropperful of CONDURA and hold for two minutes before swallowing. While this is under the tongue, apply CONDURA directly on the head in the location closest to the area of pain (forehead, temples, back of neck, etc) using the number of drops necessary to cover affected area. This entire cycle can be repeated every 10-15 minutes until the pain subsides.

ALSO RECOMMENDED

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 with NutraMedix STEVIA).
HEPATITIS C

Causes: Hepatitis C virus infection and usually toxicity of the liver.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

mix the drops in a glass of at least 120 ml.

Twice daily (three times daily for severe cases) immediately after mealtimes take 40 drops of TAKUNA together 10 drops of BURBUR for at least three months. Three times daily immediately before mealtimes take 10 drops PARSLEY.

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), R-Lipoic Acid- 200 mg twice daily, Trimethylglycine- 2000 mg twice daily with food.

HERPES (GENITAL)

Causes: Herpes Simplex Virus type 1 (HSV-1) or the Herpes Simplex Virus type 2 (HSV-2).

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

mix the drops in a glass of at least 120 ml.

Twice daily (three times daily for severe cases) immediately after mealtimes take 40 drops of TAKUNA together 10 drops of BURBUR for at least three months. Three times daily immediately before mealtimes take 10 drops PARSLEY.

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Avoid sexual intercourse until lesions are gone, Homeopathic Herpes Simplex 1 & 2- 6X, 12X- take 8 drops twice daily for 2 months.
**MENINGITIS (BACTERIAL)**

**Causes:** Usually Neisseria meningitidis infection or Streptococcus pneumoniae infection.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

<table>
<thead>
<tr>
<th>4 times per day</th>
<th>immediately before mealtimes and at bedtime</th>
<th>mix the drops in a glass of at least 120 ml.</th>
</tr>
</thead>
</table>

Treatment: **If intravenous antibiotics are not feasible** Four times daily immediately before mealtimes and at bedtime take 30 drops of BARBERRY together with 20 drops of BURBUR-PINELLA.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

<table>
<thead>
<tr>
<th>3 times per day</th>
<th>15 min. before mealtimes</th>
<th>mix the drops in a glass of at least 120 ml.</th>
</tr>
</thead>
</table>

Three times daily 15 min. before mealtimes take 15 drops of ADRENAL together with 10 drops of BURBUR or PARSLEY.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

<table>
<thead>
<tr>
<th>3 times per day</th>
<th>30 min. before mealtimes</th>
<th>mix the drops in a glass of at least 120 ml.</th>
</tr>
</thead>
</table>

If no improvement after 24 hours, three times daily 30 min. before mealtimes take 30 drops of CUMANDA or BANDEROL.

**ALSO RECOMMENDED**

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis).

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**MENINGITIS (VIRAL)**

**Causes:** Various viruses.

**TREATMENT**

Every hour take 30 drops of TAKUNA together with 20 drops of BURBUR-PINELLA until symptoms improve. Then, every 2 hours for a day. Then, if still improving, take every 4 hours for a day.

**ALSO RECOMMENDED**

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis).
MENINGITIS (BACTERIAL)

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis)

Causes:
Usually Neisseria meningitidis infection or Streptococcus pneumoniae infection.

Also recommended:
Every hour take 30 drops of TAKUNA together with 20 drops of BURBUR-PINELLA until symptoms improve. Then, every 2 hours for a day. Then, if still improving, take every 4 hours for a day.

Treatment: If intravenous antibiotics are not feasible
Four times daily immediately before mealtimes and at bedtime take 30 drops of BARBERRY together with 20 drops of BURBUR-PINELLA.

MENINGITIS (VIRAL)

Best to take the products for 3 months

Dosing - Products can be taken together

2 times per day
30+ minutes before meals
mix the drops in a glass of at least 120 ml.

FOR 14 DAYS

BANDEROL
build up as quickly as possible to 30 drops

BURBUR - PINELLA
20 drops

SERRAPEPTASE
2 capsules

STEVIA
30 drops

FOR 14 DAYS

CUMANDA
30 drops

BURBUR - PINELLA
20 drops

SERRAPEPTASE
2 capsules

STEVIA
30 drops

FOR 14 DAYS

TANGARANA
30 drops

BURBUR - PINELLA
20 drops

SERRAPEPTASE
2 capsules

STEVIA
30 drops

Then repeat cycle for 3 months.

- Adhere to a low-glycemic diet. It is strongly suggested to avoid all sugars including honey, maple syrup, all fruits and fruit juices other than avocados, tomatoes, lemons and limes, all starches, all grains, all dried beans, all potatoes, carrots and other root vegetables, alcohol, vinegar products for at least 2 months while on the protocol. Nuts are acceptable if not moldy. Failure to

- Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.
MOLD, FUNGUS, MYCOTOXINS (extensive plan)

In Dr. Cowden’s experience, no antimicrobial will work to get fungus out of the body unless all of the following are done in the following order:

1) Resolve all water leaks/water-damage and identify & remove (remEDIATE with NEW building materials) the source of mold/fungi in the home, work place and other places the patient frequents.

2) For at least 2 months, while taking antifungal remedies twice daily & doing daily sinus irrigation, avoid foods that feed fungi in the body per ketogenic diet instructions below.

3) Irrigate sinuses daily for at least 2 months as per instructions below.

4) NutraMedix remedies are taken in 7 day cycles for 2-3 months as described below.

5) Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.

6) The Ketogenic diet is started after the person has built up to a full therapeutic dose of the herbs.

7) Patient should THEN take mycotoxin binders like ARG MicroChitosan & PE CholestePure.

Best to take the products for 3 months

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

2 times per day

30+ minutes before meals

mix the drops in a glass of at least 120 ml.

FOR 7 DAYS

CUMANDA
build up to 40-60 drops depending on body weight

SAMENTO
build up as quickly as possible to 30 drops

BURBUR-PINELLA
20 drops

STEVIA
30 drops

SERRAPEPTASE
2 capsules

MAGNESIUM MALATE
2-6 capsules (*increasing until moving bowels at least 2 times a day)

*In the case of kidney disease/failure, consult with a physician before using MAGNESIUM

FOR 7 DAYS

BANDEROL
40-60 drops depending on body weight (no build-up needed)

SAMENTO
30 drops

BURBUR-PINELLA
20 drops

STEVIA
30 drops

SERRAPEPTASE
2 capsules

MAGNESIUM MALATE
2-6 capsules (*increasing until moving bowels at least 2 times a day)

*In the case of kidney disease/failure, consult with a physician before using MAGNESIUM

FOR 7 DAYS

TANGARANA
40-60 drops depending on body weight (no build-up needed)

SAMENTO
30 drops

BURBUR-PINELLA
20 drops

STEVIA
30 drops

SERRAPEPTASE
2 capsules

MAGNESIUM MALATE
2-6 capsules (*increasing until moving bowels at least 2 times a day)

*In the case of kidney disease/failure, consult with a physician before using MAGNESIUM

Repeat the three 7-day cycles, beginning each cycle with CUMANDA at full dose for 63+ days.
In Dr. Cowden’s experience, no antimicrobial will work to get fungus out of the body unless all of the following are done in the following order:

1) Resolve all water leaks/water-damage and identify & remove (remediate with NEW building materials) the source of mold/fungi in the home, work place and other places the patient frequents.

2) For at least 2 months, while taking antifungal remedies twice daily & doing daily sinus irrigation, avoid foods that feed fungi in the body per ketogenic diet instructions below.

3) Irrigate sinuses daily for at least 2 months as per instructions below.

4) Nutramedix remedies are taken in 7 day cycles for 2-3 months as described below.

5) Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.

6) The Ketogenic diet is started after the person has built up to a full therapeutic dose of the herbs.

7) Patient should THEN take mycotoxin binders like ARG MicroChitosan & PE CholestePure.

Best to take the products for 3 months

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **2 times per day**
- **30+ minutes before meals**
- **mix the drops in a glass of at least 120 ml.**

**FOR 5 DAYS**

- **MORA**
  - 40 drops

- **TANGARANA**
  - 40 drops

- **BURBUR - PINELLA**
  - 20 drops, only for 2 days

- **SERRAPEPTASE**
  - 2 capsules


**FOR 5 DAYS**

- **CUMANDA**
  - 40 drops

- **ENULA**
  - 40 drops

- **BURBUR - PINELLA**
  - 20 drops, only for 5 days

- **SERRAPEPTASE**
  - 2 capsules

Then repeat cycle for 3 months.

- Food-Grade Diatomaceous Earth 1 teaspoon in water at the beginning of breakfast & at the beginning of the evening meal will help eliminate worms in the intestine. The best schedule for DE is 5 days ON and 48 hours OFF (simultaneous with the breaks in treatment protocol above) for the first 6 weeks of the protocol. Then the DE would be taken from 2 days BEFORE each full moon day until 2 days AFTER each full moon day (5 consecutive days) for 4-6 additional months.
CAUSES: Heavy metals, pesticides and other man-made toxins accumulating in the prostate gland and in the inferior hypogastric ganglia of the pelvis. Toxins in these ganglia impair blood flow to the prostate and impair lymph drainage from the prostate. Other possible causes: syphilitic miasm, HPV infection, ostitis in the jaw where the wisdom teeth used to be, scars on or near the midline of the body (i.e. from open heart or back surgery), conscious or subconscious fear and/or anxiety.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

2 times per day

30+ minutes before meals

mix the drops in a glass of at least 120 ml.

CUMANDA
30 drops

PARSLEY or BURBUR
10 drops

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

2 times per day

immediately before mealtimes

mix the drops in a glass of at least 120 ml.

SAMENTO
20 drops

AMANTILLA
10 drops

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

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

2 times per day

immediately after mealtimes

mix the drops in a glass of at least 120 ml.

TAKUNA
30 drops

ADRENAL
20 drops

PARSLEY or BURBUR
10 drops

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

1 time per day

at bedtime

mix the drops in a glass of at least 120 ml.

EZOV
8 drops (start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months)

AMANTILLA
15 drops

ALGAS
Every 3rd night add 10 drops

ALSO RECOMMENDED

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).
PSORIASIS

Causes: Fungal overgrowth, heavy metals, pesticides and Psoriatic miasm.

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Psorinum 1M and 10M- 8 drops taken once per week for 3 months. 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), No sugar, no starch and no fruit diet for the entire time taking Cumanda (can have lemons, limes tomatoes, avocados and NutraMedix STEVIA for sweetening) Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist. Chlorella or Spirulina - build up to 1500 mg daily before the mercury amalgams are removed and continue for 3-4 months after the amalgams are removed. It is very unlikely that the Psoriasis will resolve permanently unless the amalgams are removed. After all dental amalgams are removed, DMSA- 100-300 mg depending on kidney function, age and body weight can be added every 3rd night for 2-3 months with 40 drops SEALANTRO and 1500 mg of Chlorella or Spirulina.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

2 times per day and take for 8 weeks

30+ minutes before meals

mix the drops in a glass of at least 120 ml.

CUMANDA

30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily AND TAKE FOR 8 WEEKS)

BURBUR or PARSLEY

10 drops

ADRENAL

15 drops

ALSO RECOMMENDED

Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), Psorinum 1M and 10M- 8 drops taken once per week for 3 months. 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), No sugar, no starch and no fruit diet for the entire time taking Cumanda (can have lemons, limes tomatoes, avocados and NutraMedix STEVIA for sweetening) Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist. Chlorella or Spirulina - build up to 1500 mg daily before the mercury amalgams are removed and continue for 3-4 months after the amalgams are removed. It is very unlikely that the Psoriasis will resolve permanently unless the amalgams are removed. After all dental amalgams are removed, DMSA- 100-300 mg depending on kidney function, age and body weight can be added every 3rd night for 2-3 months with 40 drops SEALANTRO and 1500 mg of Chlorella or Spirulina.
**RICKETTSIA**

Best to take the products for 3 months

### DOSING - PRODUCTS CAN BE TAKEN TOGETHER

<table>
<thead>
<tr>
<th>Time</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 times per day</td>
<td>MORA build up as quickly as possible to 30 drops</td>
</tr>
<tr>
<td></td>
<td>SAMENTO 30 drops</td>
</tr>
<tr>
<td></td>
<td>BURBUR - PINELLA 20 drops, only for 1 1/2 days</td>
</tr>
<tr>
<td></td>
<td>SERRAPEPTASE 2 capsules</td>
</tr>
<tr>
<td>30+ minutes before meals</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CUMANDA 30 drops</td>
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<tr>
<td></td>
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<tr>
<td></td>
<td>SAMENTO 30 drops</td>
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<td></td>
<td>SERRAPEPTASE 2 capsules</td>
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</tbody>
</table>

- mix the drops in a glass of at least 120 ml.
- then repeat cycle for 3 months
**SIBO**

Best to take the products for 3 months or longer if symptoms are not resolved.

<table>
<thead>
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<th>DOSING - PRODUCTS CAN BE TAKEN TOGETHER</th>
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**FOR 12 1/2 DAYS,**

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td><strong>BANDEROL</strong></td>
<td>30 drops</td>
</tr>
<tr>
<td>build up as quickly as possible to 30 drops</td>
<td></td>
</tr>
<tr>
<td><strong>SAMENTO</strong></td>
<td>20 drops</td>
</tr>
<tr>
<td><strong>BURBUR - PINELLA</strong></td>
<td>20 drops, only for 1 1/2 days</td>
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</tr>
<tr>
<td><strong>CUMANDA</strong></td>
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<tr>
<td><strong>TANGARANA</strong></td>
<td>30 drops</td>
</tr>
<tr>
<td><strong>STEVIA</strong></td>
<td>20 drops</td>
</tr>
<tr>
<td><strong>SAMENTO</strong></td>
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<td><strong>SERRAPEPTASE</strong></td>
<td>2 capsules</td>
</tr>
</tbody>
</table>

then repeat cycle for 3 months

- Take a probiotic containing Bacillus subtilis and bacillus coagulans. 1 capsule per day after a meal.
- At least one month after symptoms are resolved, add 120 ml of non-pasteurized Kim Chi per day.
SINUSITIS (CHRONIC or ACUTE)

Causes: Usually a fungal infection with a superimposed bacterial infection and very often lower skull jamming and allergies to foods or inhalants that cause swelling to the sinus openings.

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

3 times per day

30+ minutes before meals

mix the drops in a glass of at least 120 ml.

BARBERRY
30 drops

STEVIA
30 drops

BURBUR-PINELLA
20 drops

ADRENAL
15 drops

Vitamin A (Emulsified)- 100,000 - 200,000 IU as a single dose (one time) taken no later than late afternoon. If severe symptoms persist after 1-2 weeks replace BARBERRY with CUMANDA or BANDEROL (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily). Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.

ALSO RECOMMENDED

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 with NutraMedix STEVIA), don’t let animals in the bedroom, consider a plastic cover over the mattress or pillow so that house dust mite allergy will not continue to contribute to the problem, if inhalant allergy is enough of problem consider replacing carpet with wood floor.
**STREP THROAT (SORE THROAT or PHARYNGITIS)**

**Causes:** Streptococcus bacterial infection often follows Sinusitis.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **3 times per day**
  - **30+ minutes before meals**
  - **mix the drops in a glass of at least 120 ml.**

- **BARBERRY**
  - 30 drops

- **PARSLEY or BURBUR**
  - 10 drops

- If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily). If painful, gargle with warm salt water (1/4 teaspoon of salt in 1 cup of warm water), 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 with NutraMedix STEVIA).

**Causes:** Most common cause is Lyme disease; second most common cause is Brucella infection. Usually there are pesticides and/or heavy metals, especially mercury, contributing to the condition.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **2 times per day**
  - **30+ minutes before meals**
  - **mix the drops in a glass of at least 120 ml.**

- **CUMANDA**
  - 30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)

- **PARSLEY or BURBUR**
  - 10 drops

- Three times daily immediately before mealtimes take 10 drops of **AMANTILLA** together with 10 drops **BURBUR** 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 3rd night at bedtime take 10 drops of **ALGAS**.

**TREMORS**

**Causes:** Most common cause is Lyme disease; second most common cause is Brucella infection. Usually there are pesticides and/or heavy metals, especially mercury, contributing to the condition.

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- **2 times per day**
  - **30+ minutes before meals**
  - **mix the drops in a glass of at least 120 ml.**

- **CUMANDA**
  - 30 drops (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)

- **PARSLEY or BURBUR**
  - 10 drops

- 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 with NutraMedix STEVIA) FAR Infrared sauna may be helpful in removing some of the other toxins in the body.
### VIRAL INFECTIONS - ACUTE (colds and flu)

**DOSING - PRODUCTS CAN BE TAKEN TOGETHER**

- Every hour take 30 drops of **TAKUNA** until symptoms improve. Then, every 2 hours for a day. Then, if still improving, take every 4 hours for a day. Mix the drops in a glass of at least 120 ml of water.

<table>
<thead>
<tr>
<th>Product</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TAKUNA</strong></td>
<td>30 drops</td>
</tr>
<tr>
<td><strong>BURBUR-PINELLA</strong></td>
<td>20 drops four times daily</td>
</tr>
<tr>
<td><strong>SAMENTO</strong></td>
<td>20 drops twice daily, 30 minutes before food</td>
</tr>
<tr>
<td><strong>SERRAPEPTASE</strong></td>
<td>2 capsules twice daily, 30 minutes before food</td>
</tr>
</tbody>
</table>

- NutraMedix NONI may be substituted for **TAKUNA**.
VIRAL INFECTIONS – CHRONIC (herpes, Coxsackie, EBV, CMV, etc)

FOR HIGH VIRAL LOAD / Best to take the products for 3 months

Order (products required for one month)

- **TAKUNA**: 6 bottles
- **SAMENTO (60ml)**: 1 bottle
- **BURBUR-PINELLA**: 1 bottle
- **SERRAPEPTASE**: 1 bottle

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

15+ minutes before meals

- **TAKUNA**: 30 drops, 4 times per day before meals and at bedtime
- **SAMENTO**: 20 drops, 2 times per day before meals
- **BURBUR-PINELLA**: 20 drops, 2 times per day before meals
- **SERRAPEPTASE**: 2 capsules, 2 times per day before meals

mix the drops in a glass of at least least 4 oz. of water.

FOR LOW VIRAL LOAD / Best to take the products for 3 months

Order (products required for one month)

- **TAKUNA**: 3 bottles
- **SAMENTO (60ml)**: 1 bottle
- **BURBUR-PINELLA**: 1 bottle
- **SERRAPEPTASE**: 1 bottle

DOSING - PRODUCTS CAN BE TAKEN TOGETHER

2 times per day

15+ minutes before meals

- **TAKUNA**: 30 drops
- **SAMENTO**: 20 drops
- **BURBUR-PINELLA**: 20 drops
- **SERRAPEPTASE**: 2 capsules

mix the drops in a glass of at least least 4 oz. of water.