

## Treatment Plan – Vineyard Personalized Medicine

Modified from Dr. Janette Hope

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**All circled items apply to your care:**

### **Environmental Controls:**

- 1) Avoidance of exposure to water-damaged environments and/or moldy environments, including home, work place, school, car and other settings and items that have been exposed to these settings.
- 2) Environmental controls including avoidance of exposures to: 1) Pesticides of any sort including lawn chemicals, fertilizers, herbicides, and pet flea control products, 2) Solvents/VOCs from remodeling, painting, carpeting, adhesives, furniture (especially foam, particle board, plywood, and some finishes on wood and leather), household cleaning products, fabric softeners, personal care products, deodorizers, fragrances, and other sources, 3) Smoke from cigarettes, wood-burning and other sources, 4) Locations near, especially if downwind from, heavily trafficked areas/freeways, agricultural sites, golf courses, toxic waste dumps or industrial spraying, 5) Plastics including eating or drinking from plastic, 6) Vinyl chloride from PVCs, 7) Heavy metals including lead paint and dietary sources of metals. 8) Dry cleaning or locations near dry cleaners, and most importantly 9) Any environment that makes you feel ill or unwell, even if it is not immediately obvious why that may be.
- 3) Most household cleaning can be accomplished with non-toxic items like baking soda, vinegar, Bon Ami non-chemical abrasive cleaner and 20 Mule Team borax. Baking soda, vinegar and borax can also be added to laundry.
- 4) Organic diet to minimize exposure to pesticides and other contaminants.
- 5) Evaluation and control of any documented excess EMF exposures.
- 6) Glass (Corning Visionware) or ceramic-lined cast iron cookware. Avoid non-stick/Teflon coating and aluminum. Stainless steel may leach nickel which can be problematic for some with allergies and autoimmune conditions.
- 7) Triple element air filter including HEPA, carbon, and zeolite to minimize exposure to particulates and VOCs, especially in the bedroom.
- 8) Create “bedroom sanctuary.” Uncarpeted room with healthy, non-contaminated bedding and sleepware. Minimize exposure to dust-catching items such as books, stuffed animals, and knick-knacks, or keep these items primarily in solid wood or glass cabinets. Consider charcoal blanket if concern about off-gassing from bed.
- 9) Filter drinking, bathing and washing water. Whole house water filter with additional drinking water filter is best. Alternatively, drinking water filter and chlorine water filter for shower.
- 10) If outdoor air quality is good, spend as much time as possible outdoors.

- 11) Spend time daily in the sun without sunblock. Determine safe time that does not result in burn (this depends on skin type and geographic location) and allow exposed areas to be those easily examined by you such as arms, front of legs and abdomen. Avoid sun exposure to areas you cannot easily examine (back, back of legs, buttocks) and do not allow yourself to burn. Always protect face from excess sun exposure. If a sunblock is needed, I recommend a barrier sunblock such as zinc, rather than a chemical sunblock.

### **Sequestering Agents:**

**NOTE: All sequestering agents should be taken one hour before or 2 hours after medications or supplements. It is okay to take with food, but improved effect may be seen if taken on an empty stomach.**

- 1) Cholestyramine 4 g dispensed as pure powder or one package of regular (not sugar-free, aspartame containing) dissolved in 8 oz. of water taken 2 times a day, often mid-day and bedtime. Many use this 4 times a day for the more mold toxic patients.
- 2) Charcoal 1 gram taken 2 times a day with cholestyramine.  
To this may add:
- 3) Bentonite clay (5 grams) or zeolite 2 times a day **only if clean source can be obtained.**

### **Upper Respiratory Care:**

- 1) Saline nasal rinse with Neti Pot or Neil Med squirt bottle 2 times a day. May use prepared packets of salt or sea salt. Start with ½ tsp and adjust dose up or down to comfort.
- 2) Nasal Fluconazole 0.5% 1 squirt per nostril 2 times a day - Generic, preservative-free, dye-free, fragrance-free from compounding pharmacy. Keep refrigerated and discard after one month. Request glass bottles.

### **Skin Care:**

- 1) Collective Wellbeing Charcoal Cleanse soap, lathered with loofah.
- 2) Ketoconazole 2% shampoo. Use ½ tsp after regular shampoo. Lather and spread over body and leave on at least 90 seconds before rinsing daily. This is a prescription and ask me to write for it if you will use it.

### **Sauna/Exercise:**

- 1) Exercise as tolerated. Gradually increase. Exercise to sweat if able to tolerate.
- 2) Sauna therapy with appropriate supplements – start 10 minutes , work up to 30 minutes a day. Read sauna instructions and stop when feeling ill.
- 3) Warm Epsom salt baths, with approximately 1 cup of Epsom salt per bath.

### **Supplements:**

- 1) Vitamin C (Buffered) \_\_\_\_\_ grams 2 times a day

- 2) Fish oil (Carlson's brand) \_\_\_\_\_ grams a day
- 3) Magnesium \_\_\_\_\_ - Start \_\_\_\_\_ mg 2 times a day, may increase to 1600 mg/day unless diarrhea develops
- 4) Vitamin D3 \_\_\_\_\_ IU a day or \_\_\_\_\_ IU once a week
- 5) B Complex 2 capsules a day
- 6) CoQ10 \_\_\_\_\_ mg a day
- 7) Zinc \_\_\_\_\_ mg/day along with Copper \_\_\_\_\_ mg/day
- 8) Acetyl L Carnitine 1000 mg/day
- 9) Phosphatidyl serine \_\_\_\_\_ mg a day
- 10) Alpha lipoic acid \_\_\_\_\_ mg/day
- 11) KPAX \_\_\_\_\_ a day
- 12) Vitamin A \_\_\_\_\_ IU a day
- 13) Vitamin E \_\_\_\_\_ IU a day
- 14) Selenium \_\_\_\_\_ mcg a day
- 15) Hydrolyzed Whey Protein
- 16) Probiotics
- 17) Sacchomyces boulardii
- 18) Methyl B12
- 19) Hydroxy B12
- 20) Oil of Oregano
- 21) Capryllic acid
- 22) Garlic

**Glutathione:**

- 1) Trifortify --Glutathione Start ¼ to ½ tsp a day. May gradually increase to 2 tsp a day. Make make your gas smell bad due to sulfur – it is OK.
- 2) Nasal glutathione 100 mg/ml in glass bottle. Start 2 sprays per nostril 3 times a day. May use after exposures every 20 minutes for up to an hour until symptoms improve.
- 3) IV Glutathione as desired twice or three times a week.

**Testing:**

- 1) Detoxigenomics by Genova
- 2) NutrEval by Genova
- 3) Urine mycotoxin testing by Realtime Labs
- 4) Food Allergy Panel by Alletess
- 5) Biotoxin Pathway labs (Many labs including Lyme disease screen and HLA genotype- See order sheet)
- 6) Neurotests
- 7) VCS testing
- 8) Thyroid function testing
- 9) Thyroid Antibodies- Antithyroglobulin antibody, Anti-TPO antibody

- 10) 25 OH Vitamin D
- 11) RBC Magnesium
- 12) Celiac Panel
- 13) CBC
- 14) Chem Panel
- 15) ANA/ANA Panel (includes evaluation of Sjogrens antibodies)
- 16) ESR
- 17) CRP
- 18) HLA-B27
- 19) Rheumatoid Factor
- 20) Vitamin B12/Folate
- 21) Immunoglobulins
- 22) T and B cell function
- 23) Spirometry
- 24) Nasal Fungal Culture
- 25) Stool Fungal Culture
- 26) Sputum culture
- 27) Venous Oxygen and Arterial Blood Gas
- 28) Heart Rate Variability

**Additional Testing:**

**Diet:**

- 1) Trial of gluten-free diet (Avoid wheat, rye, barley, spelt. Oats contain gluten to a lesser degree and certified gluten-free oats are available)
- 2) Trial of dairy-free diet
- 3) Trial of nightshade-free diet (Avoid tomatoes, potatoes, eggplant and peppers except black pepper)
- 4) Mold-free diet (Dr. Marinkovich)
- 5) 4-day rotation diet
- 6) Fermented foods (homemade yogurts or kefir, sauerkraut, kimchee)
- 7) Yeast diet (Primarily meat and vegetable diet)
- 8) Increase consumption of foods with natural anti-fungal properties such as garlic and coconut.
- 9) Increase consumption of cruciferous vegetables (broccoli, cauliflower, brussel sprouts, cabbage)

**Additional Recommendations:**

**Referrals:**

- 1) Cardiologist
- 2) Pulmonologist
- 3) Endocrinologist
- 4) ENT
- 5) Dermatologist
- 6) Gastroenterologist
- 7) Allergist/Immunologist

**Lisa Nagy**