

Hormones & Prescriptions:	Waking	Breakfast	Lunch	4p	Dinner	Evening
Cortef 5 or 10 mg tab						
Dhea 5, 10, 15, 20, 25, 50 mg						
Pregnenolone 50/100/150 mg						
Human Growth Hormone inj						
Testosterone cream .5%						
Estrogen cream biest 1.25,2.5, 5 mg						
Progesterone oral 100/150/200 mg or cream 50/100/150/200 mg						
Armour Thyroid 1/2, 1, 2 grains						
Florinef (fludrocortisone) .1 mg						
Melatonin 3 mg Slow release (SR)						
Midodrine 2.5 5 10 mg tbs take 1/2, 1, or 2 every 4 hours til 7 pm - do not lie down for long.						
Nystatin 500,000 unit tab start 1/2 /day and advance by 1/2 every 2 days to 2 pills twice a day						
Low Dose Naltrexone 3 mg 4.5 mg start with half for 5 nights and then whole after that if no intense dreams.						
<b>Supplements:</b>						
Alpha Lipoic Acid (ALA) 600 mg Caps						
Vitamin A 25,000 units 1 every other day and 5 a day for 5 days when have cold/flu						
B complex 100 mg capsule (not after 1 pm because wakes you up!						
B2 Thiamine						
B3 Niacin - try a half of a 250 mg - watch for flushing and itching and advance slowly as get used to it.						
B5 (pantathenic acid) 500 mg (adrenal support)						
B6 (Pyridoxine) 100 mg or 500 mg						
B 12 tabs with Folinase (folate) droplet on each tab						
Vitamin C caps, buffered 500 mg or regular 1,000 mg - watch for diarrhea						
Vitamin D3 daily 5,000, 10,000, 15000 --- or 50,000 caps 1 or 2 every:						
Vitamin E 1,000 units gelcap						
Co Q 10 400, 600 or more mg/day.						
Fish Oil 1 tblspn daily x month then may reduce to 1/2						
Flax Oil may alternate with Fish Oil 1 tbsp						
Magnesium 500 mg orotate or arginate, watch for diarrhea, relaxes you						
Zinc Orotate 60 mg others cause nausea - be aware.						
Mineral Supplement/ Intramax liquid						
Ioderol 12.5 mg or 50 mg tabs a day, great for breast and thyroid health.						
Trisalts 1/4, 1/2 or 1 teaspoon for reactions headaches, with vitamin c powder 1,000 or 2,000!						
Digestive Enzymes - Pancrease lamb / pork / beef 30 min < meals						
Bifidis probiotics and/or Culterelle						
Betaine HCL and papain with meals (digestion if low acid)						
Adrenal- Phytocort capsules						
Cordyceps (mushroom - adrenal support)						
lumbrokinase Boluke - prevent stroke, heart attack, slow cap bld flow)						
Transfer factor Colostrum (3 2x/d for 3 days for flu, then two a day for a week or two while ill).						

NT Factor Energy

Metabolic Detox Powder

AA - Tyrosine 500 mg (increases energy

AA - HTP (^ sleep, ^ happiness) SE diarrhea, sleepy. 50, 100, 150, 200 mg

AA - GABA 750 mg

AA - Taurine 1000 mg (calming, vision)

AA - Theonine (calming , in green tea)

Milk Thistle - liver detox

Calcium - D glucarate liver detox

Glutathione - )GSH) liquid 'Trifortify' 1/4, 1/2 or 1 tsp daily or twice a day, or NAC 600 mg x1 or x2

N-Acetyl Cysteine

Sauna Supplements:Before: alpha ketoglutarate, niacin 100 mg 1/2 or later 1 if no flush

Buffered vitamn C 1000 - 2000 mg -

