

MORNING

- * **SYMPROVE - CECILY**
- * **GLUTAMINE PRO (FLAVORED) 1 SCOOP MIXED WITH CLEARVITE SHAKE - DR GATCHA**
- * **CLEARVITE – 1 SCOOP EACH MORNING MIXED UP WITH WATER / REPEAT AGAIN EACH EVENING BEFORE DINNER (THIS WILL SUPPORT YOUR ABILITY TO DETOX, GUT HEALTH, LOWER INFLAMMATION IN THE BLOODSTREAM) - DR GATCHA**
- * **HEPATO PRO – 2 EACH MORNING / 2 EACH EVENING (HELP YOUR LIVER REMOVE WASTE WHILE PROTECTING IT FROM TOXINS) - DR GATCHA**
- * **MITONUTRIENT CAPS – 3 EACH MORNING / 3 AFTER SCHOOL (SUPPORT DEFICIENCIES, IMPROVE ENERGY, HELP DETOX PATHWAYS OF YOUR BODY) - DR GATCHA**
- * **COQ10 300MG - CECILY**
- * **Z STACK 1 CAPSULE - US**
- * **FISH OIL - US**
- * **METHYL FOLATE - US/DR EDWARDS**
- * **VITAMIN D & K & IODINE, POTASSIUM LIFE EXTENSIONS 125MCG 2100MCG 1000MCG 1000MCG - US**
- * **STOP USING FOR NOW PRO HCLZYME 2 CAPSULES MORNING, LUNCH, AND NIGHT - DR GATCHA (IF DIGESTIVE SYMPTOMS OCCUR CALL ME—AND BEGIN TAKING PRO HCL AGAIN. IF NOT, STAY OFF UNTIL THE NEXT STEP IN CARE.)**
- * **MITONUTRIENT CAPS 2 PILLS MORNING AND LUNCH - DR GATCHA**
- * **ELEMENTAL IRON 100 MG - DR EDWARDS**

AROUND 9AM AT SCHOOL

- * **GABA (GABAMAX) & BCAA'S (ANABOLIX) 1 SCOOP MIXED WITH ANABOLIX (BCAAS)**

NOON

- * **STOP USING FOR NOW PRO HCLZYME 2 CAPSULES MORNING, LUNCH, AND NIGHT - DR GATCHA**
- * **MITONUTRIENT CAPS 2 PILLS MORNING AND LUNCH - DR GATCHA**

AROUND 2PM AT SCHOOL

- * **GABA (GABAMAX) & BCAA'S (ANABOLIX) 1 SCOOP MIXED WITH ANABOLIX (BCAAS)**

AFTER SCHOOL

- * **MITONUTRIENT CAPS – 3 EACH MORNING / 3 AFTER SCHOOL (SUPPORT DEFICIENCIES, IMPROVE ENERGY, HELP DETOX PATHWAYS OF YOUR BODY) - DR GATCHA**

BEFORE DINNER

- * **GLUTAMINE PRO (UNFLAVORED) 1 SCOOP MIXED WITH CLEARVITE SHAKE - DR GATCHA**
- * **CLEARVITE – 1 SCOOP EACH MORNING MIXED UP WITH WATER / REPEAT AGAIN EACH EVENING BEFORE DINNER (THIS WILL SUPPORT YOUR ABILITY TO DETOX, GUT HEALTH, LOWER INFLAMMATION IN THE BLOODSTREAM) - DR GATCHA**
- * **TWICE A WEEK, SHOT GLASS OF LYPOSPHERIC VITAMIN C, MAGNESIUM L-THREONATE, R-ALPHA LIPOIC ACID**

NIGHT

- * **MILK THISTLE - CECILY**
- * **TUMERIC AND CURCUMIN - US**
- * **MEGA SPOREBIOTIC - CECILY**
- * **ZENBIOME - CECILY**
- * **SELENIUM - CECILY**
- * **ALOE VERA - CECILY**
- * **HU58 - CECILY**
- * **HEPATO PRO – 2 EACH MORNING / 2 EACH EVENING (HELP YOU LIVER REMOVE WASTE WHILE PROTECTING IT FROM TOXINS) - DR GATCHA**
- * **GABAMAX - 1 SCOOP NEAR BED**

ONCE A MONTH

- * **SHOTS GLUTATHIONE, B-12**

NOTES

- * [READING MATERIAL PDF FORMAT] ([HTTP://DRANO.NET/PDFS/](http://drano.net/pdfs/))
- * **DETOX PROTOCOL - THE FIRST AND MOST IMPORTANT STEP IN ACCOMPLISHING A SUCCESSFUL TREATMENT PROTOCOL IS REMOVING FACTORS THAT ARE CONTRIBUTING TO GI DYSFUNCTION. ELIMINATING PATHOGENIC ORGANISMS (BACTERIA, VIRUSES, FUNGI, PARASITES), TOXIC BURDEN AND REACTIVE FOODS CAN MARKEDLY IMPROVE NUMEROUS CONDITIONS.**
- * **DIET - ***YES WATCH WHAT YOU EAT*****
- * **SLEEP - READ SOS MANUAL**
- * **BLUE BLOCKERS**
- * **GABA - GABA IS THE BRAIN CHEMICAL THAT, WHEN TOO LOW, CAUSES WORRYING, RAPID HEART RATE, FEELINGS OF DREAD & OVERWHELM, HEADACHES, OVERTHINKING, TROUBLE CONCENTRATING, SWEATING, INSOMNIA, LACK OF PATIENCE AND PANIC ATTACKS.**
- * **PROTEIN - GET 85 GRAMS DAILY. FOOD SOURCES ARE BEST BUT YOU MAY ELECT TO USE A PROTEIN DRINK TO ACHIEVE THESE LEVELS. I LIKE ORGAIN PRE-MIXED DRINK BOXES. IF YOU WANT ANOTHER OPTION, I LIKE PURE PROTEIN – A BEEF BASED SUPPLEMENT WE HAVE MADE FOR OUR PATIENTS – SEE THE DATA SHEET ATTACHED**
- * **HEALTHY FATS - FATS ARE THE BACKBONE FOR HORMONE PRODUCTION, CELL HEALTH AND BRAIN HEALING. AIM FOR 3 TABLESPOONS OF OLIVE OR AVOCADO OIL MIXED IN WITH FOODS THROUGHOUT THE DAY.**
- * **WATER ½ BODYWEIGHT IN OUNCES DAILY**

PRESCRIPTION MEDICATION - DR EDWARDS

- * **METHOTRAXATE 20 MG EVERY SUNDAY MORNING**
- * **HUMIRA 2 TIMES A MONTH 40MG, NEXT DOSE 3JAN23**

SUPPORT CREW:

- * [DR PHIL GATCHA]([HTTPS://DRGATCHADC.COM/ABOUT-US/](https://drgatchadc.com/about-us/))
- * [DR PRICE EDWARDS - PEDIATRIC GASTROENTEROLOGIST]([HTTPS://WWW.LEBONHEUR.ORG/DOCTORS/PRICE-EDWARDS](https://www.lebonheur.org/doctors/price-edwards))
- * [CECILY HENDERSON CHCP]([HTTP://WWW.BEAUTIFULHEALTHFUSION.COM](http://www.beautifulhealthfusion.com))