

STEP 1 (14 days) Reduce Inflammation

1. Intenzyme Forte 10 tid empty stomach
2. Kapparest 4 tid empty stomach

STEP 2 (10 days) Cleanse & Detoxify (Toxic Overload, Harmful Bacteria, Heavy Metal Toxicity, Leaky Gut)

1. ADP 4 tid with food
2. Dysbiocide 3 bid before meals
3. FC Cidal 3 bid before meals
4. Caprin 4 tid before meals
5. Fungal/Yeast Detox ½ cap bid

STEP 3 (30 days) Rebuild & Repair

1. Bio Doph 7 Plus 1 bid empty stomach
2. Bio D Mulsion Forte 5-10 drops with food
3. Butyric Cal-Mag 4 bid empty stomach
4. Biomega 1000 1 qd with food
5. IAG 1 tsp in water empty stomach