

GET BACK ON TRACK

fresh thinking on physical resiliency - the silent world of chronic exposures



SCOTT ROGAN ACTIONS #1.

Results 1: 15 January 2019

Terrie Sanders Consulting

Action	Cap Size	Comments	Info & recipes
<p>On Waking ¼ - ½ tspn Alkalisng Powder in 150mls filtered water.</p> <p>On Rising Lysine Protocol. See below. Start 5 days after commencing alkalizing powder.</p>		<p>NO GLUTAMINE.</p> <p>CALCIUM ASCORBATE & CALCIUM CARBONATE CONTRA-INDICATED.</p>	<p><i>Lemon water = fresh juice of half a lemon in 250mls filtered water.</i></p>
<p>Breakfast 1 x SB Dysbiosis</p> <p>Include with your breakfast: Mucosa Rebuilder (see recipe). Start with 1 – 2tspns. Introduce after 10days on alkalizing powder.</p>	<p>25mg 500iu</p>		<p><i>Include easily digestible proteins – see list. Asparagus Papaya & Pineapple as side dish with meat meals. Stews. Honey. Eliminate simple sugar.</i></p>
<p>Mid Morning: Energy Drink – Apfel Shorle</p>		<p><i>ACV = Apple Cider Vinegar. Organic with the mother.</i></p>	<p><i>Eat plenty of mushrooms. Eat plenty of garlic & onions.</i></p>
<p>Lunch</p>			
<p>Mid Afternoon / after work: Yoghurt & Honey Protocol. Mix in 1 capsule of probiotic.</p>		<p><i>Yoghurt & Honey Protocol – eat slowly in a quiet place, let melt in mouth.</i></p>	<p>No drinks with meals. <i>Optional = Only small glass of water with Apple Cider Vinegar (assist insulin). May prefer water to be warm.</i></p>
<p>Dinner Include Brie / Camembert Cheese</p> <p>Mid Evening / end of work day Bicarb Bath. Daily or 3 x per week. 1/2 tspn Alkalisng Powder in 250mls filtered water.</p>			<p><i>Eat eggs - soft yolk only, not oxidized e.g. poached, soft boiled best.</i></p>
<p>At bedtime Juice of half a fresh lemon in 250mls filtered water. 1 x Biozyme (protease enzymes).</p>			

SOI = Special Order Items. Supplied specifically via script with compounding chemist.

Next Session: 1.30pm Thursday 14 February 2019.

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Notes:

- Bicarb bath – Add 1 cup bicarb of soda to warm only (not hot) body temperature bath. Preferably bathe in filtered water (can buy bath and shower filters).
- Research a water filter e.g. Waterways. See Terrie's supplier in email.
- Keep drinking your broth each week – excellent.
- Remove all supplemental sources of potassium (check current water treatment system)
- Charcoal Capsules as needed.
- Eat Papaya and pineapple with meat meals.
- Chicken stew regularly.
- Eat ONLY clean fish or no fish for now. Need reduce known sources of heavy metal (mercury) exposure to help get your B2M-S down). Source: <http://www.vitalchoice.com.au/>
- No white flour, sugar.
- Continue to include butter
- Action Schedule #2 will introduce you to protocols: Biotransformation including methylfolate (RDW), Soluble Molecule (B2M-S). Nutrient depletion supps.

PROTOCOLS:

Lysine (Virus) Protocol

Mix into 150mls filtered water

3 x Reduced L-Glutathione (RLG) **SOI**

1/2 tspn L-Lysine

Swallow 2 x Seleno Forte tablets (very small)

Note: empty RLG capsules into the water & mix in immediately as this oxidises very quickly.