1) **Probiotic** – one capsule three times daily - Probiotic Pearls, Orthobiotics, or Flora Synergy as directed. Take 2 to 3 hours before or after antibiotics.

2) **Endopath-F** – as directed for dry mouth, endocrine balance.

3) **Adrenal Stress End** – two capsules a day with food or Adrenal Cortex Fractions with high blood pressure. Start immediately and continue until energy returns.

4) **Adrenopath** – homeopathic adrenal support. Start immediately and continue until energy returns.

5) **Cortisol Manager** – one tablet prior to bed or twice a day.

6) **Panethetic Acid** – as directed for energy.

7) **B-12 (B-Active)** – sublingual once daily or B12 injections (1000 to 3000 mcg IM every 1 – 3 weeks). Take if there has been a long term silicone leakage and continue indefinitely for B12 deficiency. Use methyl B12 from compounding pharmacy if indicated.

8) **Simplex-F** – one tablet three times a day.

9) **Paraplex** – one tablet, three times a day.

10) **Myotropin PMG** – one capsule, three times a day.

11) **Hypothalamus PMG** - one tablet a day.

12) **Hepatrophi** – one tablet three times a day.

13) **Thymus PMG** – one tablet three times a day.

14) **Renatrophin PMG** – one tablet three times a day.

15) **Thytophin PMG** - one tablet three times a day.

16) **Pituitrophin PMG** - one tablet three times a day.

17) **Neurotrophin PMG** - one tablet three times a day.

18) **Inositol** – 500 - 650 mg, two capsules three times a day (silicone detoxification). Start two weeks after surgery and continue for 4-6 months.

19) **Siliconex** – one capsule twice a day (silicone detoxification). Start two weeks after surgery and continue for 4-6 months.

20) **Brainpower** – one to two capsules twice a day (chemical detoxification). Start two weeks after surgery and continue for 3-6 months.

21) **MSM** – 1000mg one capsule twice a day. May increase slowly to 8-10 grams per day (chemical detoxification). Start two weeks after surgery and continue for 4-6 months.

22) **SAM-E** – one tablet, four times daily (not needed if on MSM).

23) **Alpha lipoic acid** 1200-1800 mg a day (chemical detoxification). Start two week after surgerys, continue 4-6 months.

24) **Chlorella** (by Premier) – for chemical detoxification. Start two week after surgery, continue 4-6 months. Check blood pressure.

25) **Silymarin Milk Thistle Extract** - two capsules twice a day (liver detoxification) or **Silymarin Milk Thistle Extract** twice a day for kidney detoxification. Start two weeks after surgery and continue for 4-6 months.

26) **Core Olive Leaf Extract** – As directed for viral, bacterial, fungal infections. Take until infection clears.

27) **Doc G Multivitamin/Mineral** – one twice a day (has iron in the formula) for Daily energy Infusion & Daily Energy B complex as directed. Has iron in formula.

28) **ZincTally** – as directed.

29) **Colloidal Minerals** – as directed (important if getting frequent ionic foot baths).

30) **Super Milk Thistle X** – one capsule, three times a day (liver detoxification) or **Silymarin Milk Thistle Extract** with high blood pressure as directed. Continue at least 8-12 months. Important when on anti fungals.
38) **Agaricus Bio** – immune support – 3 capsules twice a day. Continue until health returns. Also lowers elevated blood Sugar.
39) **AHCC 500 mg** - One tablet, three times a day. (Immune Support, T Cells).
40) **NK Stem** – 2 capsules twice a day (immune support). Continue until Health returns.
41) **Transfer Factor Multi-Immune** – two capsules daily on empty stomach (immune support). [Also available in a mushroom-free formula.] Start after surgery and continues until health returns.
42) **EpiCor** – immune enhancer 500 mg. a day or **EpiCor Plus** (with zinc and selenium). Start right after surgery and continue until health returns.
43) **Glycobalance** – as directed for immune system. One scoop daily in juice.
44) **Medition** – general anxiety and sleep. Take 20 minutes prior to bedtime.
45) **Gabatrol (capsule) or Gabamax (Powder)** as directed for anxiety and sleep. Take 20 minutes prior to bedtime.
46) **Theanine Calming Formula** – 2 tablets a day as directed for sleep.
47) **Melatonin** – 3 mg. half hour prior to bed.
48) **Healthy Sleep Ultra** – as directed. 30 – 60 minutes prior to bedtime.
49) **Cerinity PM** – 4 capsules 1 – 2 hours prior to bedtime.
50) **Complete Nutrients for Memory** – avoid one week prior and one week after surgery. Take for 2-3 months or until memory is improved.
51) **Molybdenum** – one a day for 2-3 months for memory. Yeast overgrowth will deplete this supplement.
52) **CorValen M** – one scoop three times a day (energy, insomnia, muscle aches) Avoid if blood sugar (glucose) is high.
53) **Magnesium Malic Acid** (Magnesium Malate)[Source Naturals]. One to three times a day.
54) **Mold Sporex** – 4 capsules twice a day (biotoxin detoxification). After surgery, continue until off anti-fungals.
55) **Methyl CPG**- Methylation cycle regulates a range of crucial bodily functions including detox, immune function, DNA integrity, energy production, mood balancing and a balanced inflammatory response. It also protects cellular function. One a week indefinitely.
56) **Butyreen** – two capsules, two or three times a day with food (biotoxin detoxification). Start after surgery and continue until neurological symptoms resolve.
57) **Recancostat** one to two capsules three times a day (chemical or biotoxin detoxification). After surgery, continue 3-6 months.
58) **Lypo-Spheric GSH** (equivalent to IV Glutathione) – One to three times a day in juice or shake for biotoxin and chemical detoxification. After surgery for 6 months.
59) **Lypo-Spheric Vitamin C** (equivalent to IV Vitamin C) – one to three times a day in juice or shake. Biotin detoxification. After surgery for 6 months.
60) **Alliciden** – for biofilms
61) **Floral Strength** – one orally in the morning; **Candida Strength** – two orally in the evening for Probiotic and yeast control after surgery for 3-4 months.
62) **Core Pau de Arco Blend** – as directed for yeast.
63) **Pleo Alb** – homeopathic rectal or vaginal suppository, for yeast. (Also available in Pleo Alb drops).
64) **WellBet** – capsules or power as directed (biotoxin detoxification).
65) **PXRoyal** – helps reverse degenerative diseases, including neurological symptoms, arthritis and pain. Increases energy. Take 1 tsp. 3X a day in juice or tea or other liquid.
66) **HFI** – detoxification and anti-viral, four to six tablets a day (in divided doses).
67) **Monolaurin** – 6 a day in divided doses for active viral infections, three a day for prevention.
68) **Buffer PH** – 3 to 6 capsules a day to increase alkalinity. Use with PH strips to determine dose (for pH 7.0 – 7.5 value).
69) **Alkaline water tube** – follow instructions on paper given with the tube.
70) **Ionic Foot Bath** – as directed. Aqua Detox for hydrophilic chemicals, electrolysis (feet or hand baths) for hydrophobic chemicals.
71) **Dr. Comanor’s Solution** as directed for fibromyalgia symptoms. **PII DII** for MCS (multiple chemical sensitivity). (Get PII DII directly from Dr. Comanor: [www.drcomanorsolution.com](http://www.drcomanorsolution.com)).
Magnetic Clay Baths as directed on instruction sheet.

Liquid Needle Body Soak – silicone detox as directed. After surgery when all wounds are healed.

Metasol- two a day for insulin resistance, better circulation. Reduces belly fat. Antioxidant, decreases cholesterol and blood pressure.

Secratatropin – for Raynaud’s disease - Take 5 capsules before bed with 16 oz. water.

Mitoviva- one a day for nerve regeneration and increased energy.

Neurochord—Homeopathic for nerve detoxification, as directed.

Queen of the Meadow – anti-inflammatory, as directed.

Ultra InflamX - medical food for inflammation

Inflammacore – medical food for inflammation.

Lifeasome Curcumin – anti-inflammatory, as directed. Refrigerate after opening.

Curcumin-SR - anti-inflammatory for pain. One twice a day.

Zyflamed - as directed after surgery for joint pain and inflammation.

Meta-EPO - anti-inflammatory, as directed.

Flax Oil - anti-inflammatory, as directed.

Krill Oil - anti-inflammatory, as directed.

GI Sustain – for leaking gut

GI Sustain- for inflammation, as directed.

Mastic Gum – as directed for gastritis.

Heartburn Free – one capsule every other day for reflux.

Pro Hydra-7 – one soft gel per day for dry eyes.

Nattokinase - stop ten days prior to surgery. Do not take with other blood thinners. Some patients may test to take one a day around the time of surgery.

Ostino- two a day for osteoporosis.

Aloe Detox – one tablespoon in liquid once a day before meals.

Core Cilantro-For mercury detoxification, as directed.

Oral chelation/Longevity Plus –for heavy metal detox after surgery, as directed.

Drainage Tone –Homeopathic for lymphatic drainage, as directed.

Lymph Tone II—Homeopathic for Lymphatic drainage, as directed.

Lymph Tone III—Homeopathic for Lymphatic drainage, as directed.

Puricell-after surgery. One a week for intracellular infection.

Spirex- after surgery for intracellular infection. As directed.

Nuclear Mycoplex - after surgery for intracellular mycoplasma, as directed.

Mycoplex – after surgery for intracellular mycoplasma, as directed.

Cumanda Microbial Defense- Take as directed after surgery for intracellular infection.

Banderol Microbial Defense- Take as directed after surgery for intracellular infection.

Harmonic Quad zapper—Use 5 minutes a week for intracellular infection, viruses and parasites.

Mildex – as directed after surgery.

Parasitin – homeopathic for parasites, as directed.

Formula Parasites - homeopathic for parasite infection. Four pills 3x a day.

Lipochord-Homeopathic for Fatty Breast tissue detox. As directed.

Topical iodine—for maintaining breast and thyroid health. Apply topically on arm or back of the hand daily.

Protective Breast Formula—for prevention of cancer and fibrocystic disease, as directed.

Heel Detox – as directed for fibrocystic disease prevention.

SE² – as directed after surgery for stem cell release.

DVT Rx – for blood clot prevention.

Indoplex - Helps prevent breast cancer and fibrocystic disease. Two pills twice daily.

Endopath F—Homeopathic for fibrocystic disease prevention, as directed.

Progesterone cream-For prevention of fibrocystic disease, as directed.

Phytolacca- homeopathic for breast cancer and fibrocystic diseases prevention, as directed.
119) **Chrysin 500** - Estrogen blocker for breast cancer and fibrocystic diseases prevention, as directed.
120) **Laminine** – as directed after surgery for energy. Take extra Magnesium Malic Acid.
121) **Whole Body Vibration** – for detoxification and osteoporosis. Begin with five minutes once a week and increase up to 5 minutes a day.
122) **Cervical or lumbar posture pump**
123) **Calorad** – as directed for disc disease.
124) **Liposomal C Flex Joint** – as directed for disc or joint disease. Refrigerate after opening.
125) **Disc Flex** – as directed for disc disease. Stay alkaline while on this to avoid kidney problems.

**Please note:** There is individuality presentation as well as biochemistry of each patient with silicone or bio-toxicity. Supplements & treatment guidelines are tailored to each individual patient as necessary.