

SIX TO FIX RECOVERY PROTOCOLS:

“There are two things that motivate people, inspiration and desperation. My greatest hope is that you’ll choose to get inspired to do something now, so you aren’t forced to do something out of desperation later.”

Dr. Scott Hannen

1) INFLAMMATION AND OXIDATION RECOVERY PROTOCOL:

- a) **INFLA-OX** – contains resveratrol, green tea catechins and other natural ingredients that research has shown to reduce the effects of oxidation and inflammation by improving Nrf2 levels and reducing NFkb levels. (Take one pack with a meal.)
- b) **INFLA-IMMUNE** – contains pine bark and grape seed extract along with other antioxidants, nutraceuticals, and natural ingredients that research suggests helps to improve the process of tissue regeneration, repair, and improving healing time in damaged or injured tissues. Research also suggests they reduce and improve oxidation and inflammation that can reduce pain and improve immune function. (Take one pack with a meal.)
- c) **INFLA-OILS** – Contains 3 oils that research has shown to be beneficial in reducing and improving inflammation in the joints and in the body. They’ve also been shown to enhance the immune system and improve the body’s defense system. (Take one pack with a meal.)
- d) **MEGA EPA** – contains concentrated fish oils that research has shown to reduce inflammation and relieve pain and discomfort. The body, for proper repair and lubrication, needs essential fatty acids. Normal joint linings are well lubricated and structurally intact and therefore should not be painful. When joints get damaged and or lose proper lubrication, the results can be debilitating pain and discomfort. (Take two to three capsules with a meal.)

2) GUT RECOVERY PROTOCOL:

- a) **COLO-CLEANSE** – contains nutrients and compounds research has shown improve the digestive system. Insoluble fiber that works as a bulking agent to pull water into bowel to make stool a soft consistency to avoid straining which can help prevent hemorrhoids, diverticula, and/or aneurysms. Flax seed that coats and lubricates the bowel which helps transit time to prevent waste products from being held against colon wall. Alfalfa that assists cleansing the colon and helps to remove the toxins that can provoke allergies and sensitivities. Caprylic acid to help prevent overgrowth of yeast and bad bacteria. Grapefruit seed extract that has antimicrobial activity. Fructooligosaccharides to promote growth of the good bacteria. Spanish black radish to assist in cleansing upper G.I. tract and to help increase secretion and also stimulates digestive enzymes to assist in absorbing of nutrients. Aloe Vera to help to soothe



and promote healing throughout the complete digestive tract. Mg-B12 that helps to rid toxins (metals, chemicals, etc.) from the body. (One pack a.m. – one pack p.m.)

b) **BIOCLEANSE** – contains natural compounds that research shows can rid intestinal parasites, unwanted yeast, and bad bugs. It also repopulates the gut with the good intestinal flora, which are referred to as probiotics, assisting in restoring the microbiome back to a normal state of balance. (One pack a.m. - one pack p.m.)

c) **L-GLUTAMINE** – is the amino acid the body uses to repair the endothelial linings in the gut and in the body. Current research suggests that higher doses of 25-30 grams daily for three to six months are usually required in order to restore the linings back to normal.

d) **MINSORB** – contains highly absorbable minerals that research has shown to be beneficial for normal growth, repair, and function in the body. Minerals are utilized by the body for anything from healing and repair to detoxification, bowel function, energy production, and mobility/flexibility/agility. (Two to four capsules daily with a meal.)

e) **BM SUPPORT** – provides ground psyllium husk capsules that are an insoluble fiber that works as a bulking agent to pull water into bowel to make stool a soft consistency. (Eight to ten capsules upon awakening or at bedtime with 12 or more ounces of water.)

f) **PROBIOTICS** – contain several strains of normal gut flora that research shows are necessary for normal gut function. They assist the body in restoring, balancing, and maintaining the gut microbiome. (Take one capsule daily with a meal.)

3) JOINT RECOVERY PROTOCOL:

a) **JOINT COMPOUND** – contains ingredients that research shows may help relieve joint pain, swelling, and discomfort. When joint linings become inflamed from degenerative processes, they need the right nutrients in order to be repaired properly. When the linings are healed, things like inflammation, pain, soreness and stiffness in these previously damaged areas should all normalize as a result. (One to two packs daily.)

b) **COLLAGEN PROTEIN** – contains ingredients that research shows may assist in the repair and regeneration of collagen tissues. Joint linings, tissues that support the human frame, and the cells in skin, hair, and nails, all have collagen fibers that need repaired to stay youthful and healthy. It also has an excellent array of amino acids. Amino acids are the building blocks in nature that rebuild and repair our systems. Maintaining adequate levels are necessary for optimal healing and repair for the body. Sometimes when muscles and joints become sore, stiff, and inflamed is because the tissues are damaging faster than they are repairing. This can occur from exercise, traumas, or even overdoing it while working in the yard. Individuals who have been suffering from chronic pain and/or sickness can also be plagued with this problem. Providing amino acids in the diet helps to optimize the potential to repair so the tissues can heal and recover from the damage. (Mix 30 - 40 grams in eight to ten ounces of water.)



c) **INFLA-OILS** – Contains three oils that research has shown to be beneficial in reducing and improving inflammation in the joints and in the body. They've also been shown to enhance the immune system and improve the body's defense system. (Take one pack with a meal.)

d) **PAIN-X** – contains natural compounds that research has shown to be beneficial in relieving pain and discomfort without the harmful side effect that can be experienced from taking non-steroidal anti-inflammatory drugs. These compounds are not addictive and can be used for long periods of time if well tolerated. (Take two to four capsules with food as needed for relief.)

e) **MEGA EPA** – contains concentrated fish oils that research has shown to reduce inflammation and relieve pain and discomfort. Essential fatty acids are needed by the body for proper repair and lubrication. Normal joint linings are well lubricated and structurally intact and therefore should not be painful. When joints get damaged and/or lose proper lubrication, the results can be debilitating pain and discomfort. (Take two to three capsules one time daily; depending on severity of condition more may be necessary.)

f) **MINSORB** – contains highly absorbable minerals that research has shown to be beneficial for normal growth, repair, and function in the body. Minerals are utilized by the body for anything from healing and repair to detoxification, bowel function, energy production, and mobility/flexibility/agility. (Take two to four capsules daily.)

4) MITOCHONDRIAL (ENERGY) RECOVERY PROTOCOL:

a) **ADRENAL SUPPORT** – contains nutrients, natural compounds, and nutraceuticals, that research has shown to assist the body in recovering from the harmful effects of stress. There are millions of people who suffer from the devastating effects that intense stress can cause in their bodies. Trauma, mechanical, physical, chemical, pain, emotional stresses etc., can all wreak havoc on the body. Prolonged stresses, can weaken the adrenal system and lower the body's ability to be able to heal and recover normally. These stresses can create significant deficiencies that not only prevent the body from repairing properly, but can also add to the problem making it even worse. Fatigue and exhaustion are common in individuals who suffer from adrenal insufficiency. Adrenal recovery is essential in anyone who is trying to recover from pain and suffering especially when stress has been associated with the cause. (Take one pack with breakfast - one pack with lunch.) Note: if doing intermittent fasting, eliminate the morning dose.

b) **ALA/ALC** – research suggests that Alpha Lipoic Acid is a powerful antioxidant made inside of the mitochondria that converts nutrients into energy, reduces inflammation, improves insulin resistance, slows skin aging, helps stop muscle cramps, and improves nerve function. It also shows that Acetyl-LCarnitine (ALCAR) is a biomarker for depression, primary amino acid involved in burning fats for fuel, crosses blood brain barrier to assist in healthy brain function, significant in forming neurotransmitters in brain to improve function and cognition. (Take 1 capsule with morning meal – one capsule with evening meal.)



c) **MITOGEN** – contains CoQ10 in both the converted and non-converted forms along with other natural ingredients in which research suggests improves mitochondrial function as well as promotes better heart and muscle function. (Take one pack with a meal.)

d) **MINSORB** – contains highly absorbable minerals that research has shown to be beneficial for normal growth, repair, and function in the body. Minerals are utilized by the body for anything from healing and repair to detoxification, bowel function, energy production, and mobility/flexibility/agility. (Take two to four capsules with meals.)

5) METABOLIC RECOVERY PROTOCOL:

a) **LIPOGEST** – contains natural compounds that research has shown assists in the digestion and assimilation of fats. Proper fat metabolism is crucial for maintaining optimal health. Every cell lining in the body has a component of fat in its bi-layer phospholipid membrane. Normal fatty acid metabolism and proper fat assimilation are necessary in order to repair those linings. The by-products of digested fats are also used to lubricate the joint linings and help to prevent them from inflaming and becoming sore and painful. (One pack taken with largest meal of the day.)

b) **TAKE IT OFF** – contains a special blend of amino acids that research has shown to increase the release of Growth Hormone (GH). GH is sometimes referred to as the master regulator of muscle growth. It stimulates cellular reproduction and regeneration. It also regulates carbohydrates and fat metabolism. (Must be taken at bedtime with no food for three hours prior.)

c) **KETOX** – is a group of ketone mineral salts that research suggests provides the body with an alternate source of energy while at the same time provides beneficial minerals that are necessary for adequate recovery from physical exertion and stress. They are excellent for those who need a boost to the metabolism and are stuck and can't lose weight. They are especially helpful when someone is on the keto diet and eats too many carbs, they can immediately put them back in ketosis without waiting the two or three days it usually takes. These are especially effective while the body's mitochondrial system is initially recovering from chronic damage and disease. Muscle aches, pain, and soreness can be prevalent during periods when the mitochondria and metabolism are functioning poorly. These ketone mineral salts can help to rejuvenate the muscles and alleviate the pain and discomfort.

d) **DAILY ESSENTIALS** – contain vitamins, minerals, cofactors, essential fatty acid, and enzymes that research has shown to assist with normal metabolism and function. They are designed to support the system long term and provide the body with a wide array of nutrients in order to prevent deficiency. (Take one pack daily with a meal.)

e) **THYROID SUPPORT** – contains nutrients, natural compounds, herbals, and the amino acid tyrosine which research has shown to assist the thyroid in its normal function. This should only be taken if someone has three or more of the symptoms in the thyroid survey. (Take two capsules three times daily.)



6. NEURAL RECOVERY PROTOCOL

- a) Begin by taking the **BALANCE TEST** and record your results. This is a good way to monitor your progress.
- b) Begin the **NRGenics™** program and find the pace that works for your level of fitness. Continue to progress until you can do it without stopping at a steady, brisk pace.
- c) Do the **FOUR FOR THE CORE** exercises three or more times per week. Strengthening the core is essential for maintaining the integrity of the musculoskeletal and neural systems.
- d) Make **INTERMITTENT FASTING AND PRAYER** a part of your daily routine to assist with lowering inflammation and improving the healing process.
- e) Incorporate **HIIT TRAINING** into your exercise routines like riding a bicycle, running/jogging, swimming, jumping jacks, workouts, etc. If you are doing the NRGenics™ program at the intermediate or advanced level, the HIIT training has already been incorporated.

