

CORENUTRIENT PROTOCOLS



ESSENTIAL LINKS:

CORENUTRIENTS DISPENSARY - [HTTP://COREPSYCH.COM/NUTRIENTS](http://corepsych.com/nutrients)

THIS HANDOUT IN PDF: [HTTP://COREBRAINJOURNAL.COM/NUTRIENT-HOW](http://corebrainjournal.com/nutrient-how)

Why:

Without specific protocols within a specific recovery structure most people become dissatisfied, puzzled, and frustrated. With these helpful guidelines we hope to obviate those built-in challenges. At <http://corepsych.com> details matter.

How:

First consider these essential three steps:

1. **Test:** We don't write for supplement prescriptions unless we have clear data and meaningful results from specific labs noted for their ability to delineate molecular and cellular physiology imbalances.
<http://corepsych.com/tests>
2. **Consistency:** With consistent supplement practice [and medication as indicated] outlined below, one can expect improvements anywhere from one week to sometimes two months. Chronic disorders require a consistent approach over time.
3. **Feedback:** If you or your family is *not improving* we need to set the time aside to investigate more thoroughly what the reasons for treatment failure are.
 - a. As a means of coping with potentially unpredictable results we almost routinely reorder testing about four months after starting supplements to evaluate progress.
 - b. Side effects often indicate reasons for further inquiry and adjustment and those can only take place through your good personal feedback. Let us know:
<http://corepsych.com/appointments>

Detailed Instructions: Coding on supplements/nutrients on the CoreNutrient website and on your personal **Onpatient** medical record at <https://www.onpatient.com/> provide uncomplicated, easy to remember routines to keep your progress on track.

The Prescription Code: Directions For Taking Supplements

It consists of four numbers: the first one is for **breakfast**, the second one is for **lunch** the third one is for **dinner** and the fourth is for **bedtime**.

- **1001** = **1** after breakfast, none at noon, none at supper, and **1** before bed.

- 2002 = 2 pills on that same schedule, 0003 = 3 before bed
- **A minus sign** such as -1000 indicates it will work more effectively if taken on an empty stomach. This one indicates 1 pill on an empty stomach before breakfast. 'Empty' is best .5 hour before breakfast and 1 hour after any meal if you forget.
- Remember: you will not be harmed if you don't follow these plans exactly - except you may have more stomach upset on those to be taken after meals if you don't eat. If occasionally you forget to take it before the meal: *take it after the meal anyway.*

Biocidin & Candida

Of all our protocols the ones we use for the treatment for Candida with Biocidin [and other products that significantly address biofilm challenges] are the most difficult to understand and the most frequently misunderstood. Video details:

<http://corepsych.com/candida>

- **GI Detox** is encouraged *for the first week* to avoid the uncomfortable Herxheimer reaction [toxins due to the death of the Candida]. The dosage pattern for G.I. Detox to start is -100-1 on an empty stomach - to have direct contact with the toxins and, yes, detox before dosing with Biocidin.
- In the second week **Biocidin** is added either in the capsule or LSF form to kill Candida and break down biofilm. Video details: <http://corepsych.com/biofilm>
- Because of the increased possibility of a Herxheimer [Herx] reaction with too rapid increased dosing strategies we start with -1000 the first week at the dosed *given at same time* the **G.I. Detox** is given - on an empty stomach.
- Each week an additional **Biocidin** dosage is added slowly to prevent Herx reactions from increasing too fast and killing too many, releasing toxins:
- Week **2** = -100-1, Week **3** = -100-2, Week **4** = -200-2 ...and stay on that dose unless side effects occur - whereupon you would reduce the dose, but do stay on the supplements because they obviously are working - too well.

CoreNutrients Dispensary

Your next step is to sign in to the **CoreNutrients Dispensary - Link:**

<http://corepsych.com/nutrients>. There you will find specific protocols for each of the supplement indications from the data. Your best results will occur if you follow the specific recommendations.

- I've organized each of the specific treatment templates to address the most important nutrient supplements in an order of urgency.
- Your best outcome will occur if you take them all. If you can only afford a few they are organized so that the *most essential nutrients are at the top of each template.*
- Templates are listed alphabetically. Undermethylation: last on that list.
- More specific templates will be added over time.
- **CoreNutrients** software provides targeted supplements, helps stay on track with reminders built in.
- **Feedback** on your recovery process: Send us a note thru <http://corepsych.com/appointments> for suggestions or challenges along the way. That written record will help all of us track and reply to your concerns.