

CorePsych

Neuroscience evidence changes thinking

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Supplement Overview and Protocol For Follow Up

We're pleased to welcome you as a patient at *CorePsych*. We've put together this overview for you to keep you informed for your next steps as we move forward with your care – specifically with [CoreNutrient Supplement](#) recommendations.

Dr. Parker has prescribed a medical protocol for you today that we hope will help you stay on track for your optimal health objectives. Desiree will provide you with both your personal **Supplement Protocol** as well as your **Medication Protocol** as discussed in your meeting with Dr. Parker.

If, at any time, you have concerns, please go to <http://CorePsych.com/appointments> to connect there in one of several ways. There both Desiree and Tiffany can answer any general questions or to assist you in facilitating your ongoing work with Dr. Parker.

Please follow this administrative procedure moving forward – we look forward to sharing in your journey!

1. **Schedule Your Follow Up Appointment – One Month From Today**

Start by setting your best recovery structure. Your next appointment is your first order of follow-up urgency. We've designed this plan to simplify and strategize our work together over time.

Scheduling right away precludes waiting and scheduling challenges. Please do plan a follow-up appointment immediately after you receive your supplement and medication protocol. **Best Routine:** go to CorePsych.com/appointments and schedule 30 minutes with Dr. Parker for **one month from today**. At that appointment, Dr. Parker will discuss your progress and/or challenges, and will make any needed adjustments. We recommend that you schedule three to four follow-up appointments over the next three to four months so that we can address your care on a monthly basis for those first several months.

2. **First Year Plan:** Monthly visits until stable, then less frequently – quarterly works best.
3. **Medications:** If you were seen in Va. Beach and we're following your medications as well, we must see you in the office here once/year.
4. **FAQ:** We are frequently asked by our patients **“How long will I take supplements after the evaluation?”** Our answer to that question is here:

No one can reasonably guess specifically how each person may respond to care. As you know, we work hard to stay on top of the medical facts, the lab test results, without guesswork. We have many people that prefer to stay on some [not all] supplements longer, over time, because those specific supplements, like a good multivitamin, keep them moving forward and symptom-free. Many improve in weeks - we see the average resolve significantly in 6-9 months.

- Chronic illness requires a longer-term, comprehensive focus over time -

5. Five to Six-Month Follow-Up – Retest & Reevaluate

Patients will be asked to follow up with testing, most especially the **Walsh Protocol** after 4-6 months of work. If you review the findings of thousands of interventions on this linked Walsh page, <http://www.CorePsych.com/walsh-resources/> practitioners there have set guidelines as to how long each subset of identified problems takes for significant recovery.

Regarding those who suffer from **Candida** - <http://www.CorePsych.com/candida/> - the process does take longer, often even more than 1 year. Those yeast elements form **Biofilm** defenses, and the combination of the Candida Diet to starve them, combined with supplements [like Biocidin] to kill them, often takes a longer more concerted effort based on their own natural protective defenses. Video details spelled out on this Biofilm page <http://www.CorePsych.com/biofilm/>.

We often will also recommend at the six-month appointment that our patients follow up with Candida using the **Microbial OATS Test**, a less expensive test than the full OATS that identifies active yeast invasion, described here: <http://www.CorePsych.com/tests>.

We look forward to our work together. We love to find solutions that work, and we don't quit or become frustrated with treatment failure.

For More Details

Supplements and FAQ: <http://corenutrients.corepsych.com>

Multiple Video Overviews For CorePsych Testing – PDF: <http://corepsych.com/tests>

Podcast Interviews For Mind Changing Details – CoreBrain Journal: <http://corebrainjournal.com/>

CoreBrain Journal for all devices at iTunes: <http://corebrainjournal.com/itunes>

PDF Overview ADHD Videos: Multiple Tutorials on ADHD Diagnosis & Treatment: <http://corepsych.com/details>

PDF Specific Rules To Start ADHD Medications: <http://corepsych.com/start>