

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 and 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.
- You will see that templates are organized alphabetically. Undermethylation is last on that list.
- More specific templates will be added as time permits.
- [CoreNutrients](#) software will help you stay on track with reminders built into the system.
- **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.