

CORENUTRIENT PROTOCOLS



ESSENTIAL LINKS:

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

THIS PROTOCOL HANDOUT IN PDF: [HTTP://COREPSYCH.COM/PROTOCOLS](http://corepsych.com/protocols)

Why:

Without specific protocols with a specific, data-driven recovery structure most people become dissatisfied, puzzled, and frustrated. With these helpful guidelines we hope to obviate those built-in challenges. Details matter – both at the outset and over time.

How Overall:

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. Video explanations lined here: <http://corepsych.com/tests>
2. **Consistency:** With consistent supplement practice [dispensed as indicated by test results], outlined below, one can expect improvements anywhere from one week to sometimes two months. Chronic disorders require a consistent approach over time – the problem is chronic the fixing process is also chronic, over time.
3. **Feedback:** If you or your family does *not improve* we must set the time aside to discuss & investigate more thoroughly what the reasons for treatment failure are.
 - a. **Rechecks:** 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 informed personal feedback. Let us know here: <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.

How: The Dose-Timing Code Explained:

For Nutrient Recommendations - from our clinical evaluations.

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**. Examples:

- **1001** = 1 after breakfast, none at noon, none at supper, and 1 before bed.
- **2002** = 2 pills on that same time schedule.

- **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 do *take it after the meal anyway*. [Our favorite *gluten & casein free protein bars* are Think Thin: White Chocolate, Lemon Delight often recommended: <http://corepsych.com/thin>

How Biocidin & Candida in Sequence:

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 here:

<http://corepsych.com/candida> | <http://corepsych.com/biofilm>

- **Liver Prep:** For those with even longer, more serious issues we suggest a more aggressive Liver Detox First: See Template **1a** at the CoreNutrient Dispensary.
- **First Week: GI Detox** is started *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. It's a prep.
- **Second Week:** In the second week **Biocidin 000-1** is added either in the capsule, drop or LSF form to kill Candida and break down biofilm. Expert Biocidin/biofilm details from the Biocidin Founder, Dr. Rachel Fresco: <http://corebrainjournal.com/097>
- **After Week 2 of Biocidin:** = -100-1 | Week 3= -100-2 | Week 4= -200-2 and stay on that last -200-2 dose unless side effects occur – whereupon you would reduce the dose – but do stay on the supplements because they obviously are working – too well. Because of the increased possibility of a Herxheimer [Herx] reaction from killing candida with too rapid increased dosing strategies we start with -1000 the first week *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:

How To Use The CoreNutrients Dispensary: <http://corepsych.com/dispensary>

Your next step is to sign in to the CoreNutrients Dispensary and there you will have specific protocols for each of the supplement indications from the lab data and written as a prescription. Your best results will occur if you follow our recommendations directly connected with your laboratory findings.

- **Templates:** I've organized each of the specific treatment templates to address the most important nutrient supplements in an order of urgency.
- **Organization:** You will see that templates are organized alphabetically. Undermethylation is last on that list.
- **Priority:** 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.
- **Bookmark:** Over time more specific templates will be added as fresh options arise.
- **Consistency:** [CoreNutrients](http://corepsych.com/dispensary) software will help you stay on track with reminders built into the system. <http://corepsych.com/dispensary>
- **Feedback** on your recovery process: Send us a note thru <http://corepsych.com/appointments> for suggestions or challenges along the way. That written inquiry will help all of us track and reply to your concerns.