

Let's Find Out if We Are Dealing with Any Bacterial/Fungus Overgrowths or other Endocrine Issues.

Do you have Fungus (Candida) or Intestinal Yeast Overgrowth?

- I already know I have an autoimmune disease...Hashimoto's, Grave's, Rheumatoid or Psoriatic Arthritis, Lupus, Ulcerative Colitis, Psoriasis, Scleroderma, MS etc.
- I have skin or nail fungus like athlete's foot, ringworm, toenail fungus.
- I have chronic fatigue or fibromyalgia, extreme fatigue.
- Digestive issues such as constipation, diarrhea or bloating.
- I have a hard time concentrating, memory issues, a hard time focusing, brain fog, ADD or ADHD.
- Skin issues like eczema, psoriasis, hives, acne rosacea, rashes with no real obvious cause.
- Mood swings, irritability, anxiety, depression.
- Vaginal yeast infections, rectal and/or vaginal itching.
- Seasonal allergies or itchy ears.
- Sugar/refined carbohydrate cravings.

Three or more checks means you have yeast overgrowth at some level. So use these supplements for 28 days or continue as long as you have issues still present.

Caprin 2 in am and 2 before bed...take at least 2 hours before or after probiotics (Bio Doph 7)

Bio Doph 7 1 am and 1 pm.

This program may vary depending on symptoms of yeast infection. If you have other overgrowths, I may decide to use ADP to get them all at once. 5x3 per day for 2 weeks then 3x3 for up to 6 weeks or longer if symptoms are still present. After ADP is done, Bio Doph 7 1 am and 1 bedtime for 1 bottle so a month. If you have h Pylori, Bio HPF will be used as well.

Do You Have Small Intestinal Bacterial Overgrowth (SIBO)?

- I've been diagnosed with hypothyroidism (Hashimoto' or non-autoimmune).
- I have irritable bowel syndrome or inflammatory bowel disease.
- Bloating after meals or just general bloating.
- Gas, abdominal pain, cramping.
- Odorous loose stools.
- Food intolerances such as gluten, dairy, corn or soy.
- Histamine intolerance.
- Aching joints.
- Chronic tiredness.
- Skin issues like eczema, psoriasis, hives, acne rosacea, and rashes without a know cause.
- Asthma, respiratory problems.
- Depressed or feeling of hopelessness.
- Diagnosed with B 12 deficiency.

If three or more checked use the following supplementation for 28 days and as long as there are symptoms.

Antimicrobial ADP 5x3 for 2 weeks and then 3x3 for up to 6 weeks or longer if symptoms still present.

Bio Doph 7 after ADP is finished 1 am and 1 bedtime

Do You Have Parasites?

- I have been diagnosed with hypothyroidism (Hashimoto's or non-autoimmune).
- Constipation, diarrhea or gas.
- I have traveled internationally.
- Had traveler's diarrhea while outside the country.

- Food poisoning and digestion has been difficult since.
- Trouble falling asleep and wake multiple times during the night.
- Skin issues such as eczema, psoriasis, hives, acne rosacea, rashes with no know cause.
- Grinding of teeth while asleep.
- Aching muscles and joints.
- Feeling of exhaustion, depression, apathetic.
- Never feel satisfied after eating.
- Iron deficiency, anemia.
- Diagnosed with irritable bowel syndrome, ulcerative colitis, Crohn's disease.

If you checked three or more use the following supplements for 28 days or until symptoms abate.

Antimicrobial ADP 5x3 for 2 weeks and then 3x3 for up to 6 weeks or longer if symptoms still present.

Bio Doph 7 after ADP is finished 1 am and 1 bedtime

If you have Leaky Gut...

- I see undigested food in my stool.
- I have gas and or bloating after eating meals.
- I have reflux, burning in my chest or burping after meals.
- My stomach feels heavy after eating.
- I do not have at least one bowel movement per day.
- I have frequent loose stools.
- My stools are small and poorly formed or they are very hard.

Health

- I have food sensitivities or intolerances.

- I have yeast overgrowth or SIBO.
- I have an autoimmune disease including Hashimoto's or Grave's.
- I am under chronic stress.
- I have trouble getting 7 ½ to 9 hours' good quality sleep.

If you checked 2 or more under Digestion, I recommend that you take IPS 2x3, Hydrozyme 2 per meal and Betaine HCl 2 per meal.

If you checked zero under Digestion and 2 or more under Health, then the following. 28 days or as long as symptoms are present.

L-Glutamine 3.5 gr/day
Hydrozyme 2 mid meal
Betaine HCl 2 mid meal

If you have infections

If you know you have Epstein-Barr or herpes simplex use Ultra Virex. 2x3 two weeks then 1x3 2 more weeks.

If You Have Adrenal Dysfunction

Check the boxes that apply to you.

- I am frequently tired.
- I feel tired even after 8 to 10 hours of sleep.
- I am chronically stressed.
- It's difficult for me to handle stress.
- I am a night shift worker.
- I work long hours.
- I have little relaxation in my days.
- I get frequent headaches.
- I don't exercise consistently.
- I am or have been an endurance athlete, or participate in CrossFit.

- I have erratic sleeping patterns.
- I wake up in the middle of the night.
- I crave salt.
- I crave sugar.
- I have high sugar intake.
- I have difficulty concentrating.
- I carry weight in my mid section (apple shaped body).
- I have blood sugar issues (hypoglycemia)
- I have irregular periods.
- I have low libido.
- I have PMS or perimenopausal/menopausal symptoms.
- I get sick frequently.
- I have low blood pressure.
- I have muscle fatigue or weakness.
- I rely on caffeine for energy (coffee, energy shots)

Less than 2 checked, good, keep managing your stress. 2 to 5, good, no additional supplement necessary but make sure you are including stress relief in your program. Meditation, some kind of relaxing activity, yoga etc. 6 to 10, you need adaptogenic herbs as well as stress relief activities. ADHS 2 am and 2 pm not after 4:30 pm. More than 10 same as 6 to 10 start with Cytozyme AD which is a glandular or ADB5+ which is a combo of herbs and glandular. 2 am and 2 pm not after 4:30. 2 months. After we can possibly switch to ADHS.

Other supplementation we must consider...

Bio B Complex 3 per day

MG Zyme (magnesium) 500 to 1000 mg per day -2 cap 3 x a day

General Program

Breakfast 1 Bio Doph 7, 1 ProMulti +, 1 Optimal EFA

Lunch 1 ProMulti +, 1 Optimal EFA

Dinner 1 ProMulti +, 1 Optimal EFA

Bedtime 1 Bio Doph 7

So I will help you sort things out once I have your scores.

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