



## Month Two - Video #2

### Functional Supplementation Protocols / Fasting Instructions and Protocols

1. Choosing your Functional Supplementation Protocol is simple. All packages can be purchased in our store by clicking on the store tab on the far right of the tool bar labeled Total Health & Rehab Store. If you have a thyroid condition you will choose the Thyroid package. If you have diabetes you will choose the Diabetes package. If you are trying to become healthier and lose weight but don't have a known health condition choose the Weight Loss package. If you are suffering with a significant digestive disorder, choose the GI Wellness package. If you know or suspect you are autoimmune, you can choose the Autoimmune package. If you don't have any condition but are just trying to detoxify the body and be healthier, then choose the Detoxification package. I will discuss in detail the Pathogen Purge in a separate video open to you this month title "Pathogen Purge".
2. You will notice in the Nutritional Supplementation Protocols that the packages include many of the same supplements. This is because it is always necessary to repair the cell membranes, restore cellular energy, reduce inflammation and oxidative stress and restore methylation. I will discuss this in detail in the remaining videos this month and how these supplements impact each of these topics.
3. Additional Supplementation to compliment your protocol can be found in our store. Liver and or kidney support can be beneficial. If you notice upon taking your protocol supplementation that you are experiencing typical detox symptoms such as headaches, fatigue, mood changes or outbreaks, kidney and liver support may help.