

Neurotransmitter Correction Protocol

Intracellular Detox (DAYS 1-30):

GCel Detox in a.m. 2-4 capsules 1 hour before food/supplements/meds.

Bind detox 2-4 capsules before bed 1 hour after food/supplements/meds.

Protein & Greens Powder (DAYS 1-5):

Each shake you consume will have ***1 scoop of each***. Drink 4 shakes for ***5 days*** each consisting of ***1 scoop of each*** and 16 oz's of filtered water. (Do not pack the shake mix in the scoop!)

(Lightly scoop out and level off the scoop)

*IT IS RECOMMENDED TO CONTINUE WITH 1 OR 2 SHAKES PER DAY FOR DAYS 6-30 AND BEYOND.

Green, Raw, Organic Vegetables (DAY 1-5):

Eat an unlimited variety of greens each day.

These are the essential fibers for your toxins to bind to. Do not skip this or any step!!

A few Examples but not limited to: Broccoli, cucumbers, celery, snap peas, green beans, spinach, asparagus, cauliflower (yes I know it's white ☺), zucchini, cabbage, etc..

*DAYS 6-30; GREEN AND OTHER VEGETABLES SHOULD MAKE UP ABOUT 50% OF YOUR DAILY FOOD INTAKE ALONG WITH OTHER ORGANIC, NON-GMO, GRASS-FED/GRASS-FINISHED, WILD CAUGHT, etc. APPROVED FOODS.

Purified, Filtered Water (DAYS 1-30 AND IDEALLY FOR LIFE):

Drink unlimited amounts of water each day. Drink 32 oz's immediately upon rising and a minimum of ½ your body weight in ounces each day. This is extremely important to help your body get rid of the toxins. The ideal situation is reverse osmosis water and a purified bottled spring water is second. No Tap Water.

*DAYS 1-5 ARE THE ESSENTIAL DETOX DAYS AND NO OTHER FOOD OR BEVERAGES ARE TO BE CONSUMED BESIDES THE SHAKES/VEGGIES & WATER.

*DAYS 6-30 IT IS VITAL TO STRICTLY FOLLOW THE LOW-CARB, NUTRIENT DENSE EATING PLAN (go to www.AskDrPatrick.com for recipe ideas)

Supplement Recommendations: (DAYS 1-30 AND IDEALLY FOR LIFE):

- Multi Vitamin – taken as per directed on label
- Liquid Magnesium – 2 tsp. per day
- B16-complex – 4 capsules per day for 30 days
- CoQ10 – taken as directed on label (with fatty foods)
- Vitamin C (ascorbic acid) flush – 2-4 capsules per hour (or 1 teaspoon if powder Vitamin-C until loose stool, then as directed on label)

Optional Coffee Enema Recipe and Procedure

This is optional but highly recommended!!!! I promise it's not as bad as it sounds ☺ **This will speed the detox process tremendously!**

Needed Supplies: Enema Bag (~\$5 @ Wal-Mart) (Called a Water bottle)
Organic Coffee 1.Fully caffeinated 2.Drip Grind (not instant)
Uncontaminated water. Tap water should be boiled for 10 minutes

1. Use ~1 tablespoon of coffee grounds (Brew it) per 8 oz's of water.
2. Place the warm (not hot ☺) brewed coffee in the enema bag. (be sure the hose is clamped)
3. Hang the enema bag in your bathtub ~ 3 ft high & loosen the clamp slowly to fill the coffee to fill the hose.
4. Lie on your back or right side in the bathtub. (these positions are important for this detox, do not follow online instructions from another detox)
 - *Use an old towel for comfort to lie on & a pillow or rolled towel for your head & grab some relaxing reading material.
5. Insert the catheter tip 2 inches into your colon using coconut or olive oil for lubrication.
6. Release clamp and allow all 8 oz's to enter the colon. Clamp the tube & remove the tip
7. Attempt to hold the coffee in your colon for 15 minutes but do not force yourself to hold it if it becomes really uncomfortable.

*Some people will have an immediate urge to eliminate and that is fine. This helps clean the colon and you should repeat the procedure a second time where you should be able to hold it longer.

*** 3 PER DAY FOR DAYS 1-5 AND 1 PER DAY FOR DAYS 6-30.**