

Supplements I took while "Sick" – Mary Stockwell  
Or

## How To Get Your Body To Inflamm! "Cell Mediated Immunity"

SUPPLEMENTS	DOSAGES
SP Powdered Calcium Lactate	2+ tsp twice or three times a day on an <i>empty stomach</i>
SP Cataplex F	24/day (spread out)
SP Cataplex C	24/day (spread out)
SP Congaplex	Set my alarm for every hour I was awake and I took about 6 each time
MH Liquid Echinacea Premium	3x/day (or more) 5mL
MH Pills Echinacea Premium	1 about every hour
MH Liquid Golden Seal 5mL	2x/day 5mL
SP Thymex	Copious amounts at least 24+/day
MH Andographis Tablets	6+/day
MH Astragalus Tablets	3/day
SP Chlorophyll Complex Pearls	9/day
BioKult Probiotic	12/day
SP Zymex Prebiotic	6/day
SP Lactic Acid Yeast Wafers	8/day
MH Broncaflect Phytosynergist® Liquid	3x/day 5mL
MH ResCo®	1/day 5mL
SP Zinc Liver Chelate	6-8/day
ASAP Colloidal Silver	2 Droppers – twice a day
SP Zinc Liver Chelate	6-8/day
SP Garlic Forte	2/day
<b>SLEEP</b>	
MH Valarian Tablets	6 – to sleep
SP Min-Tran	8 – to sleep (tranquilizing minerals)
SP Cataplex G	4 – to sleep (calming B vitamins)
SP Zypan	4 – to help break down pills, to sleep
FD LongLife Energy Enzymes	3 – to help break down pills, to sleep
<b>FOOD</b>	
Broth	1-2 cups
Whey Protein - Raw Egg Shake	1 with 2 raw eggs (see recipe)
Lot's o' water	
Sleep	

- \*SP = Standard Process supplements
- \*MH = Medi-Herb products
- \*FD = Forbidden Doctor supplements

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REVEALING HEALTH SECRETS THEY DON'T WANT YOU TO KNOW