

MARY'S MELTING BREAST LUMPS PROTOCOL*

Length – 3 years for the top five supplements

Breast lumps, thyroid issues, depression, PMS, weight gain, hypoglycemic control, endocrine issues, etc. *

| Standard Process Supplements | Empty Stomach | Breakfast | Lunch | Dinner |
|---|---------------|--|-------|--------|
| Ageless Thyroid – Take 4 twice a day for a year, then drop to 3 a day for 2 more years - excluding weekends. This will loop your HPA Axis back together – Hypothalamus, Pituitary, Adrenal hormone glands. This product has many of the nutrients Mary used to take separately – all in one product! So it saves you time and money! Listen to Podcast #62 where we talk about how we created this endocrine/emotional saving supplement. | 4 | | 4 | |
| Iodoral Iodine – Take 2/day for 3-6 months) or Prolamine Iodine (12/day for 3-6 months) for Iodine loading. We know this seems redundant because Ageless Thyroid has iodine in it, but for the serious problem of breast lumps, fatty lymphoma's or any mass in the body, you need extra iodine. A lot extra. It is important to take the extra iodine spread out through the day. Mary safely took 6 SP Prolamine Iodine (not Iodoral Iodine) 3x a day for 4 years! Find the place where your hands and skin stay soft. You will need more Iodine in the winter than in the summer, take enough to keep your skin soft, thus establishing your own personal dosage. We created Ageless Thyroid for maintenance and for looping the HPA Axis together. You will need to stay on the Ageless Thyroid supplement for 3-4 years) | 1 | | | 1 |
| Wheat Germ Oil – The precursor to hormones | 3 | | | 3 |
| Niacinamide B6 – Depression and iodine absorption | | 2 | | 2 |
| Trace Minerals or Organically Bound Minerals | | 2 | | 2 |
| Linum B6 – Flax oil, for soft skin and thinning hair | | 3 | | 3 |
| Black Currant Seed Oil – Absorbable oil for endocrine glands | | 3 | | 3 |
| Cataplex F – Fatty acids for cellular food. Aids in uterine cramps, legs, etc | | 3 | | 3 |
| Catalyn – Whole food multivitamin with 5 organs | | 3 | | 3 |
| Tuna Omega 3 – EPA and DHA for brain (foggy thinking) & hormones | | 3 | | 3 |
| Cataplex B & G – Natural vitamin B, for energy and heart support | | 4 (B) | | 4 (G) |
| Zinc Liver Chelate – Activates over 300 enzymes. Helps with acne | | 1 | | 1 |
| Dermatrophin PMG / Ovex P – DNA of the skin. Helps with acne | 2 | Alternate with Ovex P every three months | | 2 |
| Chlorophyll Pearls – Cleanses blood, heals internal burns (inflammation), helps with acne and body odor | 3 | | | |
| Calcium Lactate – Bio available calcium for endocrine health | 2 | | | 2 |
| Magnesium Lactate – For constipation | | | | 2 |
| Longlife Energy Enzymes – Take 2-3 twice a day, on an empty stomach, pancreatic support, blood sugar levels, digestion, sugar cravings, avoiding mutated stem cells | 2-3 | | | 2-3 |
| Medi-Herb – Echinacea Premium – “Fountain of Youth pill” – helps rebuild | 2 | | | 2 |
| Medi-Herb – Chaste Tree Liquid – For excessive bleeding. Helps with acne | 5mL | | | |

The supplementation is in order of importance, but if you fail to see softening skin and emotional balancing in just a few months, add the next supplement one at a time – and watch out...you will LOVE the results! ❤️

Order at: www.ForbiddenDoctor.com Or call: 801-523-1890, or email us at: Info@ForbiddenDoctor.com

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