

Ella is a 70 year old woman who lives alone with her 2 indoor cats. She works 40 hours per week for an accounting office (desk job) in a small SD town. Grew up in the city. Does not exercise but walks at least once a week.

Ella made an appointment because she was having:

SYMPTOMS	
Terrible brain fog* (memory)	Toxicity, gut-brain axis, circulation, antioxidants, C0Q10, mitochondrial stress, hypoglycemia, low protein and fats, endocrine function, Bs
Head felt "heavy"	Toxicity, dehydration, hypoglycemia, allergies, sinus or lymphatic congestion
Dizzy/balance issues	Toxicity, endotoxins (produced by gram-negative bacteria, which are often found in areas with mold), mold, heavy metals, herpes family of viruses
Shortness of breath from exertion	Nutrient deficiencies (E, A, fatty acids), toxin or mold exposures, viruses or bacteria
Nose bleeds, easy bruising	Vitamins A, C, D, K, and Omega-3s,
Gets very fatigued, especially in the afternoons	hypoglycemia, low protein, nutrient deficiencies (Bs, protein, fats, minerals,, CQ10...)
Bloating and gassy consistently no matter what she ate	fermentation, food sensitivities, leaky gut, dysbiosis, fungus/yeast, parasites
Alternating constipation/diarrhea	Probiotics, fiber, nutrients, hydration, bacterial overgrowth and/or parasites, leaky gut
Mucous in her stool	parasites and/or inflammation, bacterial overgrowth
Greasy foods upset her stomach	bile/liver/gallbladder congestion
Sugar cravings	Quick brain energy, yeast/fungus, stress eating, B-complex, minerals
Terrible toe cramps	Potassium/Mag/Calcium balance
Muscle pain in right thigh	Potassium/Mag/Calcium balance
History of urinary tract infections that were treated with antibiotics.	With gut and memory issues, time/age... knock down fungus/yeast after parasites/bacteria.

* She was very concerned about the brain fog stating that she felt embarrassed at work because at times throughout the day **she would forget or be unable to recall or remember information** pertaining to her job-working with numbers (accounting).

The EDS test revealed low numbers for lymph, lung, colon (constipation), liver, stomach and gallbladder. **Overall her numbers were on the lower end 20s and 30s. (50 is perfect).**

She suspected wheat/dairy allergies.

She wasn't eating 3-4 servings of fruits/veggies per day.

Ella is not on any prescriptions.

She has had dental surgery and in, 2019 she had cataract surgery on one eye, eye floater. **Ella has a history of urinary tract infections (UTI) that were treated with antibiotics.** -

MY RECOMMENDATIONS WOULD BE

Long-Term Supplements:

- Multiple Vitamin/Mineral (with vitamin A - not betacarotene) (A.M.)
- B-complex **if** the multiple did not have at least 15-20 mg of B6 (A.M.)
- Cerebro Pro PTC (A.M.) - Marco Pharma
- Cod Liver Oil (2x per day)
- Vitamin D 1,000-2,000 IU
- CoQ10 (50 mg 2x per day)

A green drink with fruit blend - a great way to push fluids and have something closer to real food while encouraging her to eat more vegetables and fruits.

Magnesium/Potassium/Calcium - low dosages, find balance between them while vegetable and fruit consumption is encouraged

Cerebro Pro PTC:

- | | |
|---------------------------------------|------------------------|
| • PTC (<i>Ascophyllum nodosum</i>)* | • Rhodiola Rosea |
| • Bacopa Monnieri | • Resveratrol |
| • Ashwagandha Extract | • L-Carnitine Tartrate |
| • Ginkgo Biloba Extract | • Phosphatidyl Choline |
| • Bilberry Extract | • Phosphatidyl Serine |

**Ascophyllum nodosum* cold water seaweed or brown alga in the family Fucaceae. It contains a variety of biologically active phyto-compounds that with the following

properties: anti-inflammatory, anti-cardiovascular, anti-oxidant, anti-cancer, anti-diabetic, anti-periodontal, anti-microbial, anti-goiter, neuroprotective, and immunomodulatory effect, etc.

Neuroprotective effects of *Ascophyllum nodosum* extract (ANE)

Neurodegenerative diseases involve the impairment of neuronal cells in the brain or peripheral nervous system owing to the accumulation of insoluble fibrillar proteins. These diseases include Alzheimer's Disease, Amyotrophic Lateral Sclerosis, Parkinson's Disease, Huntington's Disease, and Multiple Sclerosis.

In 2022, Chauhan et al. revealed that ANE (2 mg/ml) exhibited promising effects in a *Drosophila* model of Alzheimer's Disease. At this concentration, it significantly influenced cell apoptosis, longevity, mitochondrial dysfunction, and oxidative stress by modulating mitochondrial dynamic markers compared to controls.

The extract also scavenged free radicals, reducing cellular ROS, and prevented A β 42-induced neurotoxicity (A β 42 is a protein that misbehaves and causes inflammation and oxidative stress in some neurodegenerative diseases). <https://www.sciencedirect.com/science/article/pii/S2667031324001921>

Use for 3-4 Months Supplements:

- **Herbal Mineral:** Dandelion, Nettles, Bladderwrack, and Bilberry (A.M.)
- **Probiotics** - multi species and change brands with second bottle
- **Fiber - Pectin**
- **Herbal Mixture:** Milk thistle (30 ml) Burdock (15 ml) and Yellow dock (15 ml)

Round One: 30 days

Prepare guts for parasite and fungus formulas. Many do not need this step but Ella is 70 years old 40 hours per week for an accounting office (full-time work, living alone). She has had a history of UTIs and antibiotics, has memory issues and mucous in stools and is unable to handle milk or wheat - leaky gut, bacterial overgrowth, Candida/fungus/yeast, gut-brain axis, and deficiencies.

Elderly are often more sensitive and also have had many years for exposures, toxins, organisms (bites, infections...) to build up. Ella's EDS testing proved this to be true - every system is functioning on the low end with areas of inflammation.

"The EDS test revealed low numbers for lymph, lung, colon (constipation), liver, stomach and gallbladder. **Overall her numbers were on the lower end 20s and 30s**".

Diet is going to be a primary focus for preparing the guts (reducing inflammation) but also for maintenance and prevention. Prevention is always the goal and clients would agree. In addition she needs a digestive enzyme formula for protein and fats for the 30 days.

Basic: At least one fruit serving per day and large vegetable servings at lunch and supper (soups, salads, squashes, cruciferous focus). Alternate red meat and chicken and fish protein, snack on small amounts of nuts and seeds or a boiled egg. Meat should be consumed at lunch and supper to stabilize sugar but the serving size should be 3-4 ounces, not huge amounts at a time. Organic as much as possible.

- Breakfast is a great time for eggs - scrambled with onions and veggies is even better. Organic oatmeal some days but only if eating protein at lunch. Non-dairy yogurt and fruit is also a good breakfast choice.
- Dark chocolate for cravings but fruit usually satisfies. Brown or Wild Rice for stir-fry meals but make sure it is a small amount of the plate.
- Fresh lemon water, herbal teas, coffee (1-2 small cups without sugar), green/fruit powder drinks..

ELIMINATE: Pork, Gluten/wheat, very few non-gluten carbs, milk/ice cream, only a little hard cheese for flavor, soy, peanuts (mold issues, aflatoxin, and fungicides). No fruit juice. No fake sugars or diet stuff.

Second Visit/ Round Two: 30 days

- **Liquid herbal parasite/bacteria formula:** Core Artemisia (Energetix), Para A (MarcoPharma), or Parasite Formula (DesBio) depending on how the diet changes were followed. If great than Para A or Parasite Formula. If not, Core Artemisia - seems to be more tolerable at regular doses of 30 drops 2x a day.

Para A and Parasite formula are both excellent but often need to be taken at lower doses and increased every 3-4 days to find right dose, best to use with fiber/absorbents. This is especially true for those with very bad guts (IBS, IBD, Chron's...) and the elderly.

* It isn't that the formulas are too strong! Die-off symptoms, eliminating the waste, is difficult when the bowels and/or liver are compromised. Using an absorbent, lower doses, and starting with decreasing bowel inflammation with diet changes and herbs is needed for some clients.

- **Homeopathic Lymphatic Drainage (Des Bio)** - always have a drainage formula
- **Fiber - Pectin is already in use.**

Third Visit / Round Three: 30 - 45 days

- **Herbal Fungus/Yeast formula:** Pau D' Arco (20 ml), Thyme (20 ml), and Oregano (20 ml) (herbs 1:1 or 1:2 ratio when tinctured) (30 drops 2x a day)
- **Homeopathic Toxic Fungi Mold** (10 drops 2x) from Professional Formulas
- **Homeopathic Lymphonest** (Marco Pharma) or **Drainage-Tone** (Energetix)(2x a day)
- **Fiber - Pectin** is already in use.

WHAT WAS DONE & CHANGES I WOULD MAKE:

"I suspected parasites/mold and first put her on a combo of Para A and TACX, along with a foundation support of Omni Essentials (multi which supports thyroid), Multi 21 Somaplex (trace minerals), U-tract Caps (hers that she felt she needed and did test for) Legs on Edge (horse chestnut and circulation support for her legs/toes cramping) Muscle-Eze NutriDyn to use as needed when her leg really bothered her in the evenings so she could get some sleep, Phyto B-Complex Energetix to support her energy to get through her work days, and Core Red Clover to open up the Lymph pathways and drainage support. We discussed limiting sugar and no pork for the 30 days".

ELLA MAE - FIRST VISIT						
Product Recommendation	When Arising	Breakfast	Lunch	Dinner	Before Bed	# of Bottles
Omni Essentials		3				
U-Tract		1				
Phyto B Complex		1				
Legs on Edge					1-2	
Muscle Eze - Advanced					1-2 as needed	
Core Red Clover		10 drops		10 drops		X
Para A		5 drops		5 drops		
TACX - drainage		30 drops				x
Multi 21 somaplex		1/2 tsp				X
Silybum Complex		30 drops				X

CORE NUTRIENTS:

Legs on Edge by Progressive Laboratories

- Folate (folic acid) 800 mcg
- Calcium (as calcium amino acid chelate) 300 mg (30%)
- Iron (as ferrous fumarate) 15 mg
- Magnesium (as magnesium amino acid chelate) 300 mg (75%)
- Potassium (as potassium citrate) 99 mg (3%)
- Horse Chestnut Seed Extract (20% Escin Content) 400 mg

Potassium at 3% sounds like nothing but it can stop cramping, alkalize, and steady heart beats. Balance is necessary! If you are low in calcium and/or magnesium, adding potassium can cause cramping and "strange" heart beats.

Don't give a potassium only supplement unless they are very low because of diuretic use and even then they will likely also need at least magnesium.

Too much calcium is often given to women and calcium carbonate is hardening - not a good choice. Calcium lactate, citrate, malate...have great absorption and the dose should be 30-50% depending on diet and health.

Omni Essentials from DesBio (multivitamin/mineral/antioxidants...)

Low dose of everything - great for maintenance but expensive if you don't need the digestive enzymes included. \$60.00

B6 is only 6 mg so adding more is necessary for many.

It does have digestive enzymes and while low amounts of each antioxidant the blend of them is very beneficial.

For Ella it was a good choice.

Supplement Facts

Serving Size: 4 Capsules

Servings per Container: 30

	Amount per Serving	% Daily Value		Amount per Serving	% Daily Value
Vitamin A (as natural beta carotene).....	1500 mcg RAE	166%	Copper (as glycinate chelate).....	1 mg	111%
Vitamin C (from Acerola fruit 25 % extract).....	60 mg	66%	Manganese (as amino acid chelate).....	2 mg	86%
Vitamin D (as Cholecalciferol).....	20 mcg	100%	Chromium (as glycinate chelate).....	100 mcg	285%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols).....	21.27 mg	141%	Molybdenum (as amino acid chelate).....	20 mcg	44%
Vitamin K2 (as Menaquinone-7).....	70 mcg	58%	Green Tea leaf Extract (95% polyphenols, 50% EGCG).....	100 mg	†
Thiamine (from guava fruit, limon peel, holy basil leaf).....	6 mg	500%	Bromelain [(from pineapple stem) 2400 GDU/g].....	50 mg	†
Riboflavin (from guava fruit, limon peel, holy basil leaf).....	6 mg	461%	Turmeric Rhizome Extract (95% curcuminoids).....	50 mg	†
Niacin (from guava fruit, limon peel, holy basil leaf).....	10 mg NE	62%	Amylase (from <i>Aspergillus oryzae</i>).....	3000 SKB units	†
Pyridoxine (from guava fruit, limon peel, holy basil leaf).....	6 mg	352%	Bamboo stem Extract (70% silica).....	20 mg	†
Folate [from limon extracts, 5-MTHF (as Calcium-L-5-Methyltetrahydrofolate)].....	1016 mcg DFE	254%	Grape Seed Extract (95% Procyranodilic value).....	20 mg	†
Vitamin B12 (as pure methylcobalamin).....	20 mcg	833%	N-Acetyl-Cysteine.....	20 mg	†
Biotin (from sesbania leaves).....	60 mg	200%	Pomegranate (whole fruit).....	20 mg	†
Pantothenic Acid (from guava fruit, limon peel, holy basil leaf).....	11 mg	220%	Protease (from <i>Aspergillus oryzae</i>).....	10,000 HUT units	†
Calcium (as calcium bisglycinate chelate).....	200 mg	15%	Quercetin [(from Fava D'anta flower buds) <i>Dimorphandra mollis</i>]..	20 mg	†
Iron [from Ferrochel® (ferrous bisglycinate chelate)].....	18 mg	100%	<i>Bacillus coagulans</i> (15 billion cfu-g).....	2.25 billion cfu-g	†
Iodine [from Atlantic Kelp (<i>Laminaria digitata</i>) 0.4 extract]...]	100 mcg	67%	Coenzyme Q10.....	10 mg	†
Magnesium (as amino acid chelate).....	200 mg	47%	Glutathione (reduced L-gluathione).....	10 mg	†
Zinc (as amino acid chelate).....	10 mg	90%	Resveratrol (from Japanese knotweed root).....	10 mg	†
Selenium (as amino acid chelate).....	50 mcg	90%	Lipase (from <i>Rhizopus oryzae</i>).....	10 FIP units	†
			Papain (from Papaya fruit).....	50 USP units	†

† Daily Values are based on a 2,000 calorie diet. ‡ Daily Value not established.

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Distributed by Deseret Biologicals, Inc. • 469 Parkland Drive
Sandy, UT 84070 USA • www.desbio.com

OTHER INGREDIENTS: Hypromellose, Certified Organic Rice Extract, Organic Rice Hulls, Organic Gum Arabic,
Organic Sunflower Oil, Silica
Product contains Soy and Milk

REV 072720

Multi 21 somaplex from Marco Pharma

This is a full-spectrum ionized mineral supplement. It is able to reach the cells when there is lymphatic congestion, absorption issues in the guts from parasites/bacteria/fungus or inflammation from foods and chemicals.

Supplement Facts		
Serving Size: 1 capsule Servings Per Container: 60		
	Amount Per Serving	%DV
Thiamin (Vitamin B1, as Thiamine Mononitrate)	72 mg	6000%
Riboflavin (Vitamin B2, as Riboflavin-5'-Phosphate)	13 mg	1000%
Niacin (Vitamin B3, as Niacinamide)	32 mg NE	200%
Vitamin B6 (as Pyridoxal-5'-Phosphate)	42.5 mg	2500%
Folate (Vitamin B9, as L 5 Methyltetrahydrofolic Acid Glucosamine)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	120 mcg	5000%
Coenzyme B12 (as 5'-Deoxyadenosylcobalamin)	120 mcg	5000%
Biotin	30 mcg	100%
Pantothenic Acid (Vitamin B5, as Calcium-D-Pantothenate)	50 mg	1000%
Rhodiola Rosea Root Powder Extract	75 mg	*
* Daily Value (DV) not established.		

Other Ingredients: Capsule (Hydroxypropyl Methylcellulose, Purified water), Dibasic Calcium Phosphate.

Phyto B-Complex from Energetix

This is a high dose B complex with B6 at 42.5 mg (plus 6mg from the multi)

Rhodiola can be too stimulating for some people, especially if jittery inside from overwork or trauma or chronic high caffeine intake

For Ella - good choice to go higher Bs but a lower dose formula or just the multi should be used after 2 bottles (4 months).

SUPPORTIVE SUPPLEMENTS:

U-Tract caps from Progressive Laboratories



D-Mannose 2000 mg

D-mannose is a type of sugar that naturally occurs as part of normal human metabolism and is present in many foods such as apples, grapes, watermelon, and cranberries

It may help treat UTIs by making it more difficult for the bacteria to attach themselves to the urinary tract. Some studies show it can prevent recurrent UTIs and others do not - this is likely due to health other health factors and bio-individuality.

Muscle-Eze Advanced from NutriDyn

Marketed as: a targeted formula featuring highly bioavailable minerals, herbal extracts and malic acid for relaxing muscle tissue and reducing delayed onset of muscle soreness/pain. These nutrients work synergistically to fight muscle cramps, ease stress and support healthy neuromuscular function.

Lemon balm, passion flower, hops, and valerian are all relaxing minerals but each herb has additional benefits.

TO DO: LOOK UP EACH HERB TO DETERMINE HOW THEY WOULD RELAX MUSCLES AND WHAT ADDITIONAL SUPPORT THEY PROVIDE FOR ELLA'S HEALTH PROFILE.



- Calcium (as calcium lactate pentahydrate) 75 mg 6%
- Magnesium (as magnesium citrate tribasic) 150 mg 36%
- Lemon Balm Extract (herb; *Melissa officinalis*) 150 mg
- Malic Acid 100 mg
- Passion Flower Extract (aerial parts; *Passiflora incarnata*) 60 mg
- Hops Extract 10:1 (flower; *Humulus lupulus*) 60 mg
- Valerian Extract 30 mg [standardized to 0.8% valeric acid (root; *Valeriana officinalis*)]

Malic acid is an alpha hydroxy acid that gives a tart taste but is considered sour and acidic. It is found in various fruits and vegetables but more abundantly in apples, apricots, cherries, grapes, plums, tomatoes, currants, bananas, carrots, and broccoli. The acid pH It inhibits the growth of yeasts, molds, and bacteria.

Studies suggest that malic acid may influence the composition of gut microbiota by favoring the growth of beneficial bacteria, potentially contributing to improved digestive health. Some research indicates that malic acid possesses antioxidant properties, potentially mitigating oxidative stress in the gut lining.

CORRECTIVE SUPPLEMENTS

“I suspected parasites/mold and first put her on a combo of Para A and TACX...and Core Red Clover to open up the Lymph pathways and drainage support. We discussed limiting sugar and no pork for the 30 days”.

Product Recommendation	Breakfast	Lunch	Dinner	Before Bed	# of Bottles
Core Red Clover	10 drops		10 drops		X
Para A	5 drops (started at 15)		5 drops (started at 15)		
TACX - drainage	30 drops				x
Silybum Complex	30 drops				X

Above are the core corrective and support supplements for tackling the parasites.
[found out that the original dose for Para A was 15 drop 2x per day]

THE 30-DAY RETEST:

Client reported feeling better but was still experiencing the brain fog and fatigue. She started having headaches in the afternoon so I had her **reduce the para A drops** and upped her **drainage [detox support]** to 2 AXC per day instead of 1. **The headaches subsided.**

This means that she will be on Para A for 60 days total - super low dose.

Supplement Facts		
Serving Size: 1/4 tsp (1.2 mL), about 30-40 drops		
Servings Per Container: About 49		
Amount Per Serving	%DV	
Botanical Extract Blend	1.2 mL	*
[Red Clover Flower (<i>Trifolium pratense</i>), Cat's Claw Bark (<i>Uncaria tomentosa</i>), Yellow Dock Root (<i>Rumex crispus</i>), Calendula Flower (<i>Calendula officinalis</i>), Celandine Aerial Parts (<i>Chelidonium majus</i>), Dandelion Root (<i>Taraxacum officinale</i>), Echinacea Purpurea Aerial Parts (<i>Echinacea purpurea</i>), Figwort Aerial Parts (<i>Scrophularia nodosa</i>), Poke Root (<i>Phytolacca americana</i>)]		

Core Red Clover: Red clover will have an affinity for the lungs but the overall formula is systemic and well rounded for for bacterial issues with drainage support. It is not a strong drainage formula but useful for many health challenges.

Ella was only taking 10 drops 2x per day - not enough for effective drainage.

ACX/TACX: If you look up each ingredient you will find a high level of systemic support, astringency, and anti-inflammation but I am not seeing what would make it a great drainage formula. Below is the marketing literature:

Supplement Facts		
Serving Size: 3 capsules		
Amount Per Serving	% Daily Value	
Vitamin A.....	39,900 IU	800%
Vitamin C.....	300 mg	500%
Vitamin E.....	180 IU	600%
Proprietary Blend	1,450 mg	*
Rose Hips; Citrus Bioflavonoids; RNA/DNA Liver Tissue Factors; Paprika (Herb); Damiana (Leaves); Pedra Hume Caa (Leaves); RNA/DNA Thymus Tissue Factors; Acacia Gum Powder; Hesperidin; RNA/DNA Spleen Tissue Factors; Peach (Bark); Echinacea Purpurea (Root); Sun Dew (Herb); Cassia Oil		
*Daily Value is not established.		

ACX from Systemic Formulas is a high potency, broad-spectrum detoxifier that provides nutrients for cleansing and elimination programs and supports healthy tissues.

- High potency, broad-spectrum detoxifier
- An excellent drainage formula for use in any cleansing, elimination program, and/or detoxification program, especially for organ detoxification.
- In addition, support is provided for the liver, especially the left lobe, and the kidneys.
- Helps avoid cleansing reactions (Herxheimer's).

Silybum Complex:

Take 1 teaspoon 2 times daily, or as directed by your healthcare practitioner.

Milk Thistle (*Silybum marianum*) Seed Extract (1:1) 2.2 mL

Dandelion (*Taraxacum officinale*) Root Extract (1:1) 0.9 mL

Globe Artichoke (*Cynara scolymus*) Fruit Leaf Extract (1:1) 0.9 mL

Fringetree (*Chionanthus virginicus*) Bark Extract (1:1) 0.45 mL

Greater Celandine (*Chelidonium majus*) Aerial Parts Extract (1:1) 0.45 mL

I would have had her take 30 drops 2x a day.

Para A from Marco Pharma - ingredients and directions

Ingredients

Black walnut hull
Wormwood aerial portion
Clove fruit
Olive leaf
Fennel seed
Citrus seed extract

Suggested Use:

Adults - 1 to 3 full droppers (90 drops maximum) in tepid water twice daily.

Children - 1/2 or less of the adult amount.

It is advisable to use PARA-A with LUVOS MINERAL EARTH. Take 1 heaping teaspoon of LUVOS POWDER with 1 to 3 full droppers of PARA-A in one cup tepid water (mix well), once to twice daily. OR Take 2 to 4 capsules of LUVOS MINERAL EARTH with 1 to 3 full droppers of PARA-A in one cup tepid water, once to twice daily.

I personally found that 30 drops 2x a day was sufficient. For Ella, pre-gut work and/or an absorbent would have been easier on her system and would have allowed for a larger dose - less time on parasites.

THREE MONTHS - RETEST:

SUPPLEMENT FACTS		
Serving Size: 1 capsule		
Amount Per Serving	% Daily Value	
Proprietary Blend.....	275 mg	*
Gum Arabic; Pau D'Arco (Bk); Wintergreen Oil; Spearmint Oil; L-Lysine HCl; Sete Sangrias (Hb); Clove Oil; Evening Primrose (Fl); Basil (Hb); Oregano (Hb); Thyme (Hb); Eucalyptus (Hb); Ginger (Rt); Hydroxyquinoline; Leptotaenia Oil; Cassia (Bk)		
* Daily Value not established.		

Other Ingredients: Dextrose (Organic Grape); Gelatin; Protein (Milk); Leucine; Silica

"At month 3 I had her do a bottle of **Fungdx 4 and ACX** and she reported back that her brain fog had subsided and she had more energy! She finished the full bottle".

Fungdx 4 by Systemic Formulas - excellent herbal capsule blend.

I would have added a homeopathic drainage formula and followed up with a few months of probiotics.

FOUR MONTHS - RETEST:

She came back for A retest after 4 months (Aug. 16-24) . She mentioned having **occasional heart palpitations** and still experiencing **stiffness in her knees** from inactivity at her job.

SHE MAY BE GETTING TOO MUCH POTASSIUM NOW - STOP LEGS ON EDGE

I would add Omega-3s and increase the Core Red Clover to 30 drops 2x a day.

She tested for a Thyroid glandular in addition to the main group of supplements I had her on since the beginning.

I added the Bowel Moving Formula (Burdock, yellow dock, poke root, silybum complex) **as she was still experiencing the constipation.**

I would need to know how often and if straining. This formula may not be adequate, may need more fiber and/or hydration, and probiotics.

She was no longer having the toe/leg cramps and was not experiencing any headaches. We discussed having her purchase an air purifier to keep with her at her desk at work and another one for her home. I explained that the source would need to be removed in order for her symptoms to subside entirely and she may have occasional flare ups if she was still working in an environment with any kind of mold present.

Product Recommendation	When Arising	Breakfast	Lunch	Dinner	Before Bed	# of Bottles
Pure Thyro (1/2 hour before eating)	1					X
Omni Essentials		3				
U-Tract		1				
Phyto B Complex		1				
Legs on Edge					1-2	
Muscle Eze - Advanced					1-2 as needed	
Core Red Clover		10 drops		10 drops		X
Bowel Herbal Formula (Burdock, yellow dock, poke root, silybum complex)		30 drops		30 drops		X
Mushroom Complex		30 drops		30 drops		X

Mushroom Complex:

Serving Size: One Teaspoon (4.9 mL)

Active Ingredients:

Cordyceps sinensis Mushroom Extract (1:1) 1.23mL

Maitake (Grifola frondosa) Fruiting Body Extract (1:1) 1.23mL

Reishi (Ganoderma lucidum) Mushroom Extract (1:1) 1.23mL

Shiitake (Lentinula edodes) Mushroom Extract (1:1) 1.23mL

A great mushroom formula!

Some research snippets (without references)

Cordyceps sinensis (CS) is an important traditional Chinese medicine, which has been linked to neuroprotection in recent studies. In this study, we investigated the role of the mitochondrial respiratory chain and the mitochondrial apoptotic pathway on the protective effect of Cordyceps sinensis extract (CSE) against cerebral ischemia injury both in vivo and in vitro.

Maitake (Grifola frondosa)

The polysaccharides in maitake can reduce LDL (bad) cholesterol without affecting your triglyceride or HDL (good) cholesterol levels. Along with supporting heart health, beta glucan can help improve your immune system.

Japanese scholars found that Grifola frondosa polysaccharide or D-fraction is the major biologically active ingredient, which is a protein-bound glucan or proteoglycan. It has been extensively studied and has various biological activities such as antitumor, hypoglycemic, antioxidant, and immune regulatory activities. Numerous studies have demonstrated that GFP inhibits tumor proliferation in vivo and in vitro.

Reishi (Ganoderma lucidum)

Research has established that *G. lucidum* exhibits a diverse range of beneficial effects, including, but not limited, to anticancer (in prostate, lung, breast, and colon), antidiabetic, anti-inflammatory, antioxidant, antihepatitis, immunomodulatory, hypocholesterolemic, antimicrobial, hypoglycemic, cardioprotective, antihyperpigmentation, antiarthritic, proapoptotic, antiallergic, antianxiety, antiandrogenic, and antinociceptive effects

Shiitake (Lentinula edodes)

It has an excellent mineral and vitamin profile with copper, selenium, thiamin, riboflavin, niacin, vitamin B6, folate, potassium, manganese, magnesium, iron, and more. Shiitake mushrooms also contain fiber and polysaccharides that promote the growth of beneficial gut bacteria. The polysaccharides also protect against cell damage, help the immune system, boost white blood cell production to fight infections, and are anti-inflammatory.