

Fibromyalgia Protocol

Full Spectrum Nutrition - Balances body chemistry.

Detox with a combination of select herbs and fiber: Use one teaspoon of the powder in 8 ounces of fluid once per day for 14 days. Upon completion, high potency acidophilus should be used to re-implant healthy bacteria. Use 10 capsules per day for 10 days.

Detox with Oxygen: Use liquid oxygen: Take one ounce of oxygen three times per day, **ON AN EMPTY STOMACH**, for 30 days. It is essential that this product be taken on an empty stomach (30 minutes before a meal).

Targeted Nutrition: Take 3 capsules of our proprietary nutrient combination twice a day for the first month. Beginning with the second month, reduce to 1 capsule three times per day and see if that dose is sufficient to control symptoms.

So, you will be doing the detox powder for 14 days and the liquid oxygen program for 30 days.

The Targeted Nutrition and the Full Spectrum Nutrition you will continue indefinitely.

Should you have questions contact The Institute at 1-888-454-8464, weekday mornings.

Note: The products Dr. Whiting refers to in this protocol are:

Detox Powder: ToxiCleanse

Liquid Oxygen: LiquiDaily Oxy Aloe

Targeted Nutrition for Fibromyalgia: Fibro EZE

Full Spectrum Nutrition: LiquiDaily Supreme OR Curves Complete