

# TREATMENT PROTOCOLS

utilizing products from

# NUTRAMEDIX

used by

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Updated: January 17, 2008

For current list of protocols visit  
[www.bionatus.com/nutramedix](http://www.bionatus.com/nutramedix)

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## **IMPORTANT INFORMATION**

### **DOSAGE**

The dosages recommended in the following protocols are for an average size adult that weighs between 120-170 pounds (55-77 kilos). Adjust the dosage according to weight; ie. a patient that weighs 30 pounds would take one-fourth of the recommended dose.

### **MIX THE PRODUCTS IN PURE DRINKING WATER**

Unless otherwise specified mix all Nutramedix products with at least ½ cup (4oz. / 120ml) of water and wait at least 1-2 minutes before drinking. The products are most effective when taken in water. The products can be taken directly in the mouth without water, but this should only be done when water is not available.

### **PRODUCT COMPATIBILITY**

Some of the products can clash with each other and the effectiveness diminished if they are taken at the same exact moment. It is best to take those products at least 10-15 minutes apart. The following protocols make clear which products can be mixed and taken at the same glass of water.

For further information, a product compatibility chart is posted at:

<http://www.nutramedix.ec/ns/images/stories/ProductCompatibilityChart.pdf>

### **HERXHEIMER REACTION (HEALING CRISIS)**

If feeling toxic (headache, muscle ache, nausea, joint ache, etc) the protocol can be stopped if desired then, take 10 drops of BURBUR or PARSLEY DETOX in water or under the tongue every 10 min. until feeling better and then resume the protocol.

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## **ANXIETY / PANIC ATTACK**

**Causes:** Usually subconscious emotions of fear originating in early childhood, tissue acidity and mineral deficiency

**Treatment:** Take 15 drops of **AMANTILLA** together with 15 drops of **TRACE MINERALS- RELAX** every 15 min. until symptoms subside then take them four times daily at mealtimes and at bedtime.

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT**

Twice daily at mealtimes take 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

After the acute panic attack has been resolved start taking 8 drops of **EZOV-** before bedtime (start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months)

**Also recommended:** Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), **Chromium polynicotinate-** 200mcg twice daily, **B-Complex vitamin-** every morning.

## **ARTHRITIS (OSTEO AND RHEUMATOID)**

**Causes:** **Osteo-arthritis:** unrecognized fungal, viral or parasitic infection in the joints, environmental toxins accumulating in the joints, tissue acidity, mineral deficiencies, osteitis of the jaw, pulpitis of the teeth. The condition is made worse by chronic abuse of the joints like jogging on concrete. **Rheumatoid arthritis-** immune reaction against the cells that line the joints caused by toxins or viruses in the synovial cells.

**Treatment:** **FOR PAIN-**Take 20-30 drops of **CONDURA** as needed placed under the tongue and held for at least 2 minutes and at the same time apply topically on the site of pain using the number of drops necessary to cover affected area.

Twice daily 30 min. before mealtimes take 20 drops of **SAMENTO** (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Twice daily 15 min. before mealtimes take 30 drops of **BARBERRY** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Twice daily immediately after mealtimes take 30 drops of **TAKUNA** together with 10 drops of **BURBUR**, 15 drops of **ADRENAL SUPPORT** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily)

Every 3<sup>rd</sup> night at bedtime take 10 drops of **ALGAS METAL DETOX** together with 15 drops of **TRACE MINERALS-RELAX**

**Also recommended:** Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA).

**Avoid foods in the nightshade family** (the alkaloids in them cause inflammation to worsen)- potatoes, tomatoes, peppers, eggplant, tobacco and coffee are the worst.

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## **ASTHMA**

**Causes:** Food and inhalant allergies and usually an underlying chronic sinusitis or chronic bronchitis which is normally caused by a fungal infection with a superimposed bacterial infection.

**Treatment:** Three times daily 30 min. before mealtimes take 30 drops of **BARBERRY** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **BURBUR**

Twice daily at mealtimes take 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA), **if asthma persists avoid all gluten grains (wheat, barley, rye, oats, spelt, kamut, triticale), can use Ki therapy to stop asthma attacks, see [www.kinginstitute.org](http://www.kinginstitute.org)**

## **ATHEROSCLEROTIC DISEASE**

**Causes:** Many of the following: bacteria, fungus or virus causing inflammation on the arterial walls; free radical overload usually caused by smoking and a deficiency of antioxidants like vitamin E, vitamin C bioflavonoids, and carotenoids; consuming oxysterol-containing products like scrambled eggs, powdered milk, powdered eggs, homogenized / pasteurized milk and foods made from them; high LDL to HDL cholesterol ratio (comes from inactivity, liver toxicity and consumption of trans fats or hydrogenated oils); hyper-insulinemic syndrome (syndrome X)- worsened by eating too much sugar; chromium deficiency- caused by stress and consumption of alcohol and caffeinated beverages; iron overload; hypertension; diabetes mellitus. Possible genetic causes; homocystinemia, apolipoprotein E4 and elevated lipoprotein(a) levels.

**Treatment:** Twice daily 30 min. before mealtimes take 30 drops of **BANDEROL** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX**, 10 drops of **PARSLEY DETOX** and 15 drops of **ADRENAL SUPPORT**

Three times daily immediately before mealtimes take 15 drops of **AMANTILLA** together with 10 drops of **BURBUR**

Twice daily immediately after mealtimes take 30 drops of **TAKUNA** together with 10 drops of **BURBUR**, 15 drops of **TRACE MINERALS-RELAX** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA). **Also avoid** hydrogenated oils, very-long-chain fatty acids (found in canola oil, peanuts and mustard), fried foods, scrambled and fried eggs, foods made from powdered milk and powdered eggs. **Stress reduction-** deep breathing, prayer, meditation, etc. **Walk 15 to 30 min several times per week** on a treadmill or if walking outside, walk with a healthy partner carrying a mobile phone so that help may be called if needed. **Proteolytic enzymes** (5 Bromelain or 4 Carnivora or 3 Serazyme or 3 Lumbrokinase) with water and with each dose of Cumanda or Banderol- if there is a tendency to develop allergies rotate between at least 2 of these enzymes; **Chromium polynicotinate-** 200-400 mcg twice daily with breakfast time and supper time; **Tocotrienols with Vitamin E-** 1 twice daily at breakfast time and supper time: **EPA / DHA Fish Oil-** at least 360 mg of EPA with DHA twice daily just before breakfast time and supper time; **Vitamin C** (derived from cassava or tapioca)- 2000 mg twice daily at lunch time and bedtime increasing to bowel tolerance if no G6PD deficiency present; **Wild Blueberry-** 1 capsule twice daily at lunch time and bedtime, **L-Lysine-** 2000 mg twice daily at lunch and bedtime; **L-Proline-** 2000 mg twice daily at lunch time and bedtime; **Coenzyme Q10** (rice emulsified- without soy)- at least 100 mg at supper time; **Acetyl-L-Carnitine-** 500 mg at breakfast time; **B vitamin complex** (Multi-Vi-Min from Allergy Research Group without copper or iron)- 1 capsule at lunch time. If there is calcified plaque in the arteries take **LipoPhos EDTA** (Allergy Research Group)- 1 ounce 30 min. before bedtime every other day mixed with a tart juice like fresh squeezed lemonade or limeade made with Nutramedix stevia.

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## **BPH (BENIGN PROSTATIC HYPERTROPHY)**

**Causes:** Usually a combination of a fungal overload and heavy metal contamination

**Treatment:** Twice daily 30 min. before mealtimes take 30 drops of **CUMANDA** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Every 3<sup>rd</sup> night at bedtime take 10 drops of **ALGAS METAL DETOX** together with 15 drops of **TRACE MINERALS**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA) **Saw Palmetto-** 2 capsules twice daily, if symptoms are severe take **Saw Palmetto / Pygeum combination-** 2 capsules twice daily. **Usually wise to avoid all sugars and starches** including honey, maple syrup, all fruits and fruit juices other than lemons and limes, all starches, all grains, all dried beans, all potatoes, carrots and other root vegetables for at least 2 months while on the full dose Cumanda.

## **BREAST CANCER**

**Causes:** Human Papilloma Virus and usually one or more of the following: Syphilitic Miasm, additional microbial infections (usually fungal), heavy metals (most commonly mercury from amalgams in the teeth), environmental toxins (usually pesticides), radiation exposure or radio activity exposure (nuclear power plant, radon gas in the home, mammograms, etc), hormone replacement therapy (especially synthetic hormones), breast implants, EMF exposure, a major emotional event within 2 years before the cancer was detected, tissue acidity, low hydrochloric acid in the stomach and low pancreatic enzyme function, iodine deficiency

**Treatment:** Three times daily 30 min. before mealtimes take 20 drops of **SAMENTO** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 30 drops of **TAKUNA** together with 15 drops of **ADRENAL SUPPORT** and 10 drops of **BURBUR**

Three times daily immediately after mealtimes take 30 drops of **NONI** together with 15 drops of **TRACE MINERALS-RELAX** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

At bedtime take 8 drops of **EZOV** (start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months) together with 15 drops of **AMANTILLA**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Proteolytic enzymes (such as Carnivora)-** 4 capsules three times daily 30 minutes before food with water, **Syphillinum-** 1M and 10M- rub 8 drops on skin once weekly for 3 months (succus- pound the bottle on a soft backed book 50 times just before each use), **Avoid identifiable causes, Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA), **Detoxify with clay bath or infrared sauna, Raw diet if possible without animal source protein, Iodine supplementation-** 1-2 drops of saturated solution of Potassium Iodide daily (put drops on one wrist and rub into other wrist)

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## **BRONCHITIS (CHRONIC or ACUTE)**

**Cause:** Usually a fungal infection with a superimposed bacterial infection often follows sinusitis and can be made worse by food allergies or inhalant allergies

**Treatment:** Three times daily 30 min. before mealtimes take 30 drops of **BARBERRY** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **BURBUR**

If symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL**- 30 drops twice daily 30 min. before mealtimes (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA) If sinusitis is suspected as a cause follow the sinusitis protocol.

## **CANCER (PREVENTION)**

**Cause:** Many possible causes, read about causes in Chapter 25 of Alternative Medicine: Definitive Guide to Cancer (John Diamond and William Cowden, 1997)

**Treatment:** Twice daily 30 min. before mealtimes take 30 drops of **SAMENTO** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **BURBUR**

Twice daily immediately after mealtimes take 30 drops of **NONI** together with 15 drops of **TRACE MINERALS-RELAX** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

Every 3<sup>rd</sup> night at bedtime take 10 drops of **ALGAS METAL DETOX** together with 15 drops of **TRACE MINERALS**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Raw diet if possible without animal source protein, Remove / resolve as many causes of cancer as possible**, refer to Chapter 25 of Alternative Medicine: Definitive Guide to Cancer (John Diamond and William Cowden, 1997)

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## **CANDIDIASIS**

**Cause:** Candida (many species) infection and sometimes a fungal overgrowth usually caused by antibiotics, steroid medications, severe protracted stress, made worse by constipation, pesticide toxicity and heavy metal toxicity, especially mercury

**Treatment:** Twice daily 30 min. before mealtimes take 30 drops of **CUMANDA** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Twice daily at mealtimes take 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA) **Usually wise to avoid all sugars** including honey, maple syrup, all fruits and fruit juices other than lemons and limes, all starches, all grains, all dried beans, all potatoes, carrots and other root vegetables for at least 2 months while on the full dose Cumanda. Take a broad spectrum friendly bacteria such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.

## **CELIAC DISEASE (GLUTEN INTOLERANCE)**

**Causes:** Inflammatory condition in the bowel caused by a combination of a genetic predisposition, usually a sensitivity to glutens, toxin accumulation in the bowel, and usually microbial infections in the bowel and heavy metals.

**Treatment:** Twice daily 30 min. before mealtimes take 20 drops of **SAMENTO** (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Twice daily 15 min. before mealtimes take 30 drops of **BANDEROL** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX**, 10 drops of **BURBUR** and 15 drops of **ADRENAL SUPPORT**

Three times daily immediately after mealtimes take 30 drops of **NONI** together with 15 drops of **TRACE MINERALS-RELAX** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

At bedtime take 8 drops of **EZOV** (start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months) together with 15 drops of **AMANTILLA** and 10 drops of **PARSLEY DETOX** --- Every 3<sup>rd</sup> night add 10 drops of **ALGAS METAL DETOX**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA). **Avoid known food allergens, Avoid all Gluten grains, Take a broad spectrum friendly bacteria** such as Bifido Biotics from Allergy Research Group or Pro Biotics 12 Plus from Essential Formulas every bedtime with a prebiotic fiber such as FOS from Allergy Research Group or Psyllium or Slippery Elm.

## **CYSTS / MYOMAS**

**Cause:** Usually Iodine deficiency and/or liver toxicity caused by heavy metals and other man-made toxins

**Treatment:** Twice daily 30 min. before mealtimes take 20 drops of **SAMENTO** (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **BURBUR**

Twice daily immediately after mealtimes take 30 drops of **NONI** together with 15 drops of **TRACE MINERALS-RELAX**

Every 3<sup>rd</sup> night at bedtime take 10 drops of **ALGAS METAL DETOX** together with 15 drops of **TRACE MINERALS**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Iodine supplementation-** 1-2 drops of saturated solution of Potassium Iodide daily (put drops on one wrist and rub into other wrist)

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## DIABETES (TYPE 1 AND TYPE 2)

**Causes:** **Type 1** is primarily caused by a viral infection in the pancreas. Toxins in the pancreas create an environment for the viral growth, viruses create inflammation which attracts more toxins. Congenital Borreliosis (Lyme disease) can also destroy the function of the pancreas. **Type 2** (insensitivity of the insulin receptors to insulin, excessive production of glucagon, excessive insulin) is primarily caused by poisons in the environment. The most common man-made toxins that can cause this problem are phthalates and phosphates. Other causes: severe chromium deficiency, vanadium deficiency, allergy reactions, especially to foods that cause a gluconeogenic hyperglycemia that cannot be compensated for in the presence of insulin resistance. Also, some heavy metals.

**Treatment:** Twice daily 30 min. before mealtimes take 20 drops of **SAMENTO** (start with one drop twice daily slowly increasing the dose until reaching 20 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **BURBUR**

Twice daily immediately after mealtimes take 30 drops of **TAKUNA (if recent onset Type 1)** together with 15 drops of **TRACE MINERALS-RELAX** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

At bedtime take 8 drops of **EZOV** (start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months)--- Every 3<sup>rd</sup> night add 10 drops of **ALGAS METAL DETOX**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA). **Chromium polynicotinate**- 200mcg twice daily, **Avoid known food allergens, Avoid foods that are not beneficial for your blood type**, Blood Type O Food list- [intraspec.ca/bto.php](http://intraspec.ca/bto.php), Blood Type A Food list- [intraspec.ca/bta.php](http://intraspec.ca/bta.php), Blood Type B Food list- [intraspec.ca/btb.php](http://intraspec.ca/btb.php), Blood Type AB Food list- [intraspec.ca/btab.php](http://intraspec.ca/btab.php), Eat low glycemic index foods- <http://www.qilisting.com>

## GALLSTONES

**Causes:** Usually a bacterial infection but sometimes a fungal or parasitic infection. It is also caused by eating too much sugar and not enough sour or bitter foods. It is more likely to occur if consistently awake between 11pm and 3am when the gall bladder and liver typically detoxify themselves.

**Treatment:** Twice daily 30 min. before mealtimes take 30 drops of **CUMANDA** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Twice daily immediately before mealtimes take 30 drops of **BANDEROL** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX**, 10 drops of **BURBUR** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Orthophosphoric Acid**- 15 drops three times daily(for 5 days only) & rinse mouth thoroughly

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## **HEADACHES (SEVERE)**

**Causes:** One or more of the following: vascular spasms, liver toxicity, malalignment of the skull (skull jamming) or upper cervical spine, chronic sinusitis-usually the pain is around the forehead or the eyes (see Chronic sinusitis protocol for treatment), chronic viral encephalitis

**Treatment:** Take 30 drops every 15 min (or until pain subsides) of **CONDURA** placed under tongue and held for at least 2 minutes and apply topically on the site of pain using the number of drops necessary to cover affected area

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 15 drops of **TRACE MINERALS- RELAX**, 10 drops of **PINELLA**, 10 drops of **PARSLEY DETOX** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

If symptoms persist, three times daily immediately after meals take 30 drops of **TAKUNA**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA), use **Ki therapy for pain relief**, see [www.kinginstitute.org](http://www.kinginstitute.org) , **Self adjustment of the neck or skull may also be helpful-** DVD teaching these techniques can be ordered from NatuRx, tel: 1-480-361-8410, fax: 1-480-361-8725.

## **HEPATITIS C**

**Cause:** Hepatitis C virus infection and usually toxicity of the liver

**Treatment:** Twice daily (three times daily for severe cases) immediately after mealtimes take 40 drops of **TAKUNA** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **BURBUR for at least three months**

Three times daily immediately before mealtimes take 10 drops **PARSLEY DETOX**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **R-Lipoic Acid-** 200 mg twice daily, **Trimethylglycine-** 2000 mg twice daily with food

## **HERPES (GENITAL)**

**Cause:** Herpes Simplex Virus type 1 (HSV-1) or the Herpes Simplex Virus type 2 (HSV-2)

**Treatment:** Twice daily (three times daily for severe cases) immediately after mealtimes take 30 drops of **TAKUNA** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **BURBUR for at least three months**

Three times daily immediately before mealtimes take 10 drops **PARSLEY DETOX**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid sexual intercourse until lesions are gone**, **Homeopathic Herpes Simplex 1 & 2- 6X, 12X-** take 8 drops twice daily for 2 months.

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## **LYME BORRELIOSIS (LYME DISEASE)**

**Causes:** Borrelia burgdorferi bacterial infection and usually one or more of the following microbial infections; Erlichia, Babesia, Bartonella, Mycoplasma, Coxiella, etc. Heavy metal toxicity (usually mercury) plus pesticides, herbicides, petroleum byproducts and plastics make the patient more susceptible to these toxins.

### **Treatment:**

#### **For the first 3 days do only the following:**

Three times daily immediately before mealtimes take 15 drops of **TRACE MINERALS- RELAX**, 10 drops of **PINELLA**, 10 drops of **BURBUR** and 10 drops of **AMANTILLA** (the noontime dose can be eliminated anytime after day 21 if not feeling toxic)

#### **On Day 4 of the protocol add the following:**

Twice daily 30 min. before breakfast and supper take 30 drops of **CUMANDA** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX**, 10 drops of **PARSLEY DETOX** and 1 capsule of **SERRAPEPTASE**

Twice daily immediately after breakfast and supper take 20 drops of **ADRENAL SUPPORT** together with 11 drops of **BURBUR DETOX** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

Every 3<sup>rd</sup> night at bedtime take 2 capsules of **ZEOLITE**. On day 49, after using the entire bottle of **ZEOLITE**, take 2 capsules of **ZEOLITE HP** in place of **ZEOLITE**.

#### **On Day 18 of the protocol add the following:**

At bedtime take 20 drops of **SAMENTO** together with 10 drops of **PARSLEY DETOX**, 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **AMANTILLA** --- Note: as described above, every 3<sup>rd</sup> night 2 capsules of **ZEOLITE** or **ZEOLITE HP** are taken.

After two months on full dose of Cumanda, start taking **QUINA** in place of Cumanda. Then, alternate between Cumanda and Quina every two weeks for 4 months (some patients require only 2 months of rotating therapy, but it may be more prudent to rotate for 4 months). Take Cumanda for 12 ½ days stopping for 36 hours then, continue with the Quina for 12 ½ days, stopping for 36 hours. Then, restart with Cumanda for 12 ½ days, etc. Most patients with chronic, third stage Lyme Disease require four to six months of alternating treatment but never less than two months.

If the patients suspects that a sensitivity or apparent resistance develops to either Cumanda, Quina or Samento, **BANDEROL** can be substituted for any of these products.

AN EASY TO FOLLOW PROTOCOL SCHEDULE IS AVAILABLE AT:

<http://www.bionatus.com/nutramedix/pdfs/protocolschedule.pdf>

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## **LYME BORRELIOSIS (LYME DISEASE) continued**

**Also recommended:** Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens**- all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA) **Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist.** After all dental amalgams are removed, **DMSA**- 100-300 mg depending on kidney function, age and body weight can be added every 3<sup>rd</sup> night for 2-3 months with **ZEOLITE** or **ZEOLITE HP**.

### **MENINGITIS (BACTERIAL)**

**Cause:** Usually Neisseria meningitidis infection or Streptococcus pneumoniae infection

**Treatment:** **\*\*If intravenous antibiotics are not feasible\*\***

Four times daily immediately before mealtimes and at bedtime take 30 drops of **BARBERRY** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **BURBUR**

If no improvement after 24 hours, three times daily 30 min. before mealtimes take 30 drops of **CUMANDA** or **BANDEROL**

**Also recommended:** Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis)

### **MENINGITIS (VIRAL)**

**Cause:** Various viruses

**Treatment:** Every hour take 30 drops of **TAKUNA** together with 10 drops of **TRACE MINERALS-RELAX**, 10 drops of **PARSLEY DETOX** and 10 drops of **PINELLA** until symptoms improve. Then, every 2 hours for a day. Then, if still improving, take every 4 hours for a day.

**Also recommended:** Drink 3-4 liters (quarts) of water daily (clean mineralized, not distilled or reverse osmosis)

## **MIGRAINE HEADACHES**

**Causes:** One or more of the following: vascular spasms, liver toxicity, malalignment of the skull (skull jamming) or upper cervical spine, chronic sinusitis-usually the pain is around the forehead or the eyes (see Chronic sinusitis protocol for treatment), chronic viral encephalitis

**Treatment:** Mix 10 drops of **PINELLA** and 10 drop of **PARSLEY DETOX** together in at least a ½ cup (4 oz./120ml), let sit for one minute then drink. Then open one capsule of **MAGNESIUM MALATE** and place the powder under the tongue along with 1 dropperful of **CONDURA** and hold for two minutes before swallowing. While this is under the tongue, apply **CONDURA** directly on the head in the location closest to the area of pain (forehead, temples, back of neck, etc) using the number of drops necessary to cover affected area. This entire cycle can be repeated every 10-15 minutes until the pain subsides.

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA), use **Ki therapy for pain relief**, see [www.kinginstitute.org](http://www.kinginstitute.org) , **Self adjustment of the neck or skull may also be helpful-** DVD teaching these techniques can be ordered from NatuRx, tel: 1-480-361-8410, fax: 1-480-361-8725.

## **PROSTATE CANCER**

**Causes:** Heavy metals, pesticides and other man-made toxins accumulating in the prostate gland and in the inferior hypogastric ganglia of the pelvis. Toxins in these ganglia impair blood flow to the prostate and impair lymph drainage from the prostate. Other possible causes: syphilitic miasm, HPV infection, otitis in the jaw where the wisdom teeth used to be, scars on or near the midline of the body (ie. from open heart or back surgery), conscious or subconscious fear and/or anxiety.

**Treatment:** Twice daily 30 min. before mealtimes take 30 drops of **CUMANDA** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Twice daily immediately before mealtimes take 20 drops of **SAMENTO** together with 15 drops of **TRACE MINERALS-RELAX**, 10 drops of **AMANTILLA** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

Twice daily immediately after mealtimes take 30 drops of **TAKUNA** together with 20 drops of **ADRENAL SUPPORT**, 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **BURBUR**

At bedtime take 8 drops of **EZOV** (start with one drop adding one drop per dose every 5 days, after reaching 8 drops per dose take for 2 months) together with 15 drops of **TRACE MINERALS-RELAX** and 15 drops of **AMANTILLA**--- Every 3<sup>rd</sup> night add 10 drops of **ALGAS METAL DETOX**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA)

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## PSORIASIS

**Causes:** Fungal overgrowth, heavy metals, pesticides and Psoriatic miasm

**Treatment:** Twice daily 30 min. before mealtimes take 30 drops of **CUMANDA** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily **AND TAKE FOR 8 WEEKS**) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **PINELLA** and 10 drops of **BURBUR**

Every 3<sup>rd</sup> night at bedtime take 10 drops of **ALGAS METAL DETOX**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), Psorinum 1M and 10M- 8 drops taken once per week for 3 months. **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA), **No sugar, no starch and no fruit diet** for the entire time taking Cumanda (can have lemons, limes tomatoes, avocados and Nutramedix STEVIA for sweetening) **Consider having silver (mercury) dental amalgams replaced with composites by a biological dentist.** **Chlorella or Spirulina-** build up to 1500 mg daily before the mercury amalgams are removed and continue for 3-4 months after the amalgams are removed. It is very unlikely that the Psoriasis will resolve permanently unless the amalgams are removed. After all dental amalgams are removed, **DMSA-** 100-300 mg depending on kidney function, age and body weight can be added every 3<sup>rd</sup> night for 2-3 months with 10 drops of Algas Metal Detox and 1500 mg of Chlorella or Spirulina.

## SINUSITIS (CHRONIC or ACUTE)

**Causes:** Usually a fungal infection with a superimposed bacterial infection and very often lower skull jamming and allergies to foods or inhalants that cause swelling to the sinus openings.

**Treatment:** Three times daily 30 min. before mealtimes take 30 drops of **BARBERRY** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **BURBUR**

If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA), **don't let animals in the bedroom**, consider a **plastic cover over the mattress or pillow** so that house dust mite allergy will not continue to contribute to the problem, if inhalant allergy is enough of problem **consider replacing carpet with wood floor, self adjustment of the neck or skull** may be also be helpful- DVD teaching these techniques can be ordered from NatuRx, tel: 1-480-361-8410, fax: 1-480-361-8725. **Vitamin A (Emulsified)-** 100,000 - 200,000 IU as a single dose taken no later than late afternoon.

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## **STREP THROAT ( SORE THROAT or PHARYNGITIS)**

**Cause:** Streptococcus bacterial infection often follows Sinusitis

**Treatment:** Three times daily 30 min. before mealtimes take 30 drops of **BARBERRY** together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily 15 min. before mealtimes take 15 drops of **ADRENAL SUPPORT** together with 10 drops of **BURBUR**

If severe symptoms persist after 1-2 weeks replace **BARBERRY** with **CUMANDA** or **BANDEROL** (start with one drop three times daily slowly increasing the dose until reaching 30 drops three times daily)

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **If painful- gargle with warm salt water** (1/4 teaspoon of salt in 1 cup of warm water), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA)

## **TREMORS**

**Cause:** Most common cause is Lyme disease; second most common cause is Brucella infection. Usually there are pesticides and / or heavy metals, especially mercury, contributing to the condition

**Treatment:** Twice daily 30 min. before mealtimes take 30 drops of **CUMANDA** (start with one drop twice daily slowly increasing the dose until reaching 30 drops twice daily) together with 15 drops of **TRACE MINERALS-RELAX** and 10 drops of **PARSLEY DETOX**

Three times daily immediately before mealtimes take 10 drops of **AMANTILLA** together with 10 drops **BURBUR** and 2-6 capsules of **MAGNESIUM MALATE** (only if kidney failure is not present) starting with 2 capsules twice daily increasing the dose until moving bowels at least 2 times a day.

Every 3<sup>rd</sup> night at bedtime take 10 drops of **ALGAS METAL DETOX**

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis), **Avoid common food allergens-** all cow milk and cow cheese products, all corn products (corn oil, corn starch & corn syrup), peanuts and peanut oil (most oriental foods), soy products (it is a common filler in fast food restaurants), black pepper, white pepper, sugar (may substitute Nutramedix STEVIA) **FAR-Infrared sauna** may be helpful in removing some of the other toxins in the body. Take extra **TRACE MINERALS RELAX** if using the sauna.

## **VIRAL INFECTIONS (ACUTE- COLDS AND FLU)**

**Cause:** various viruses

**Treatment:** Every hour take 30 drops of **TAKUNA** together with 10 drops of **TRACE MINERALS-RELAX** until symptoms improve. Then, every 2 hours for a day. Then, if still improving, take every 4 hours for a day.

**Also recommended:** **Drink 3-4 liters (quarts) of water daily** (clean mineralized, not distilled or reverse osmosis)

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