

Tick Borne Illness General Protocol

PHASE I: PREP & DETOX SUPPORT | DURATION: 2 – 12 weeks

Phase I is for someone with chronic tick borne illness; if acute tick bite, move directly to Phase II

OVERALL GOAL: Reduce inflammation, enhance detox, break biofilms, support mitochondrial function and immune modulation.

Products*	Clinical Objective	Dose
Liver Sauce/Bitter X	Promote bile fluidity and flow, along with powerful liver, detoxification, and immune regulating support.	Liver Sauce: 1 tsp, 1-2x per day; take at least 20 minutes before food Bitter X: 1-2 pumps, 3x per day
Liposomal Glutathione	Master antioxidant supporting all three phases of detoxification, mitochondrial energy production, and immune function.	2-4 pumps, 1-2x per day
Ultra Binder Capsules	Bind toxins in the gastrointestinal tract to prevent recirculation or reabsorption.	4 caps as needed AM; 4 caps as needed midday
BPC-157 + KPV Combo	Down-regulation of inflammatory mediators, tissue and barrier regeneration and repair, immune modulation during the latter recovery phase	4 pumps 2x per day for 1-4 weeks; then reduce dose to 2 pumps per day. If using for longer than 3 months, cycle use with 5 days on/2 days off

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PHASE II: ANTI-MICROBIAL | DURATION: At least 12 weeks

OVERALL GOAL: Eradicate intracellular bacteria & protozoan co-infections. Robust support of antioxidant, detoxification and repair systems while stabilizing the immune response and deactivating histamine levels for symptom relief.

Product	Clinical Objective	A.M.	Mid-Day	P.M. (BEFORE DINNER OR BED)
Liposomal Cryptolepis or Crypto Co-Max	Targeted microbial and biofilm support coupled with immune modulation for vector-borne challenges.	4 pumps or 1 tsp		4 pumps or 1 tsp
Hista-Aid®	Support a stabilized immune response and deactivation of histamine levels for symptom relief.	5 pumps	5 pumps	5 pumps
Ergo-Thione+	Robust support of antioxidant, detoxification, and repair systems with an “on-demand” capability to quench oxidative stress when physiologic needs arise without shutting down necessary pro-oxidant signaling.		1 tsp	
Kidney Care	Support kidney and lymphatic drainage, microbial balance, and protection of kidney tissue and tone.	1 tsp		1 tsp

OPTIONAL PRODUCTS

Product	Clinical Objective	A.M.	Mid-Day	P.M. (BEFORE DINNER OR BED)
CBD Synergies-AX+ or Full Spectrum Bliss	Parasympathetic nervous system support, increased cellular antioxidant defenses, neuroprotection and down-regulation of pro-inflammatory mediators.	2-4 pumps as needed	2-4 pumps as needed	
Ultra Binder® Capsules	Bind toxins in the gastrointestinal tract to prevent recirculation or reabsorption.	4 caps as needed	4 caps as needed	
Liposomal EDTA	Support biofilm clearing and heavy metal chelation and detoxification.	1 tsp		1 tsp
Cat's Claw V-Max	Microbial balancing. Invigorates immune function while balancing innate and adaptive immune activity.	1/2 tsp, titrate up after 1 week to 1 tsp		1/2 tsp, titrate up after 1 week to 1 tsp

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PHASE III: RECOVERY | DURATION: As clinically indicated.

OVERALL GOAL: Repair mitochondria and boost energy, continued down-regulation of pro-inflammatory mediators, and support for nervous system repair.

Products*	Clinical Objective	Dose
NAD+ Platinum	Boost energy production, provide mitochondrial support, and upregulate cellular repair to aid in recovery from immune challenges. Activates sirtuins for robust immune function and appropriate inflammatory responses long-term.	½ tsp, 1-2x per day
The One	Activation of efficient mitochondrial energy production for enhanced energy output. Multiple adaptogenic botanicals to support system wide resilience and recovery from physiologic stress. Targeted support for both autophagy and mitophagy, helping the body clear damaged cells and ultimately reducing inflammation and protecting against oxidative damage.	1 tsp per day
BPC-157/KPV Combo	Down-regulation of inflammatory mediators, tissue and barrier regeneration and repair, immune modulation during the latter recovery phase.	4 pumps 2x per day for 1-4 weeks; then reduce dose to 2 pumps per day. If using for longer than 3 months, cycle use with 5 days on/2 days off.
Ergo-Thione+	Robust support of antioxidant, detoxification, and repair systems with an “on-demand” capability to quench oxidative stress when physiologic needs arise without shutting down necessary pro-oxidant signaling. Helps modulate inflammatory cytokines and immune system signaling.	1 tsp AM

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