

Your Quick-Start Recovery Plan

Suggestions from the Fibromyalgia Recovery Group

<u>Goal</u>	<u>Nutrient, Food or Supplement</u>	<u>Brand</u>	<u>Quantity</u>	<u>When</u>	<u>Reason For Use or Avoidance</u>
Whole body sufficiency	Iodine/Iodide	Iodoral	1 (12.5 mg)	A.M.	96% of population is iodine deficient which leads to a host of illnesses; Detoxifies bromide, fluoride, heavy metals, and is antifungal.
	Magnesium Oxide	Twinlab 1	(400 mg)	A.M.	Necessary for synthesis of ATP
	Magnesium Oxide	Twinlab 1	(400 mg)	P.M.	Helps relax muscles for sleep
	B-complex Vitamins	Twinlab	1 B-100	A.M.	Produced by intestinal bacteria (which are deficient in most FMS)
	Cod Liver Oil		1 tsp. equiv	A.M.	Rated as the “#1 Super Food”!
	Multi-Vitamin (w/selenium)	Twinlab	1 capsule	A.M.	Daily One without Iron (unless you are iron deficient)
Restore good bacteria	Kefir and/or yogurt	Lifeway	16 oz/day	A & P	Repopulate the digestive tract with beneficial bacteria
Detoxify	Iodoral (see above)				Detoxifies bromide, fluoride, mercury, aluminum
	Inositol Hexaniacinate	Puritan Pride 1	500 mg	A.M.	Helps detoxify bromide; reduces cholesterol
	Vitamin C	Twinlab	2000 mg	A.M.	Helps detoxify bromide
	Malic Acid		200-2400 mg		Detoxifies aluminum; assists with ATP production
	Unrefined Sea Salt	Celtic	As desired		Salt is crucial to digestion and assimilation; also detoxifies bromide
Improve diet	Eat butter and animal fats				Saturated fats enhance the cell membrane & immune system, protect the liver and contribute to strong bones
	Use olive, sesame, coconut and palm oils				
	Avoid polyunsaturated oils				They contribute to cancer, heart disease, autoimmune diseases, learning disabilities, intestinal problems, and premature aging.
	Eat whole, natural foods (including red meat!)				
	Consume raw or cultured milk, cheese, butter, if possible				
	Eat fresh fruits and vegetables				
	Eat eggs, preferably organic, free-range				Eggs are nature’s perfect food; egg substitutes cause rapid death in test animals
	Eat organ meats (especially liver)				
	Use natural sweeteners in moderation				Use raw honey, maple syrup, dehydrated cane sugar juice & Stevia
	STOP using refined sugar, flour, salt				
Reduce toxins	Cook in stainless steel, cast iron, enamel or glass				Avoid aluminum and non-stick cookware
	Drink filtered water				
	Use fluoride free tooth paste				
	Shun soda pop, diet drinks, Gatorades, etc.				Many contain bromide or artificial sweeteners
	Avoid soy products				Modern soy foods block mineral absorption, inhibit protein digestion, depress thyroid function and contain potent carcinogens.
	Avoid refined sugar and artificial sweeteners				
Improve strength & endurance	Walk; later add weight training				Start with short walks and increase distance and speed slowly
Decrease other supplements	Clean off your shelves and put them all in a bag!				This is a new program! Put away all the other stuff in your cabinet!

Decrease medications

May need to decrease thyroid medication
May need to decrease diabetes medication
STOP taking cholesterol lowering medications
STOP taking Tums and other heartburn medications
STOP taking Fosamax or other bone density medications
STOP taking antibiotics for acne or other long-term problems
STOP taking laxatives, Metamucil, etc. for constipation
Wean off of antidepressants
Wean off of sleep medications
Wean off pain medications

Iodoral will stimulate hormone production. (Consult doctor!)
Iodoral & diet will improve glucose utilization. (Consult doctor!)
Iodoral, inositol hexaniacinate and probiotics will naturally reduce cholesterol
Use DGL and other digestive enzymes
Kefir and exercise will naturally build stronger bones
Be sure to take probiotics whenever using antibiotics even short-term
Iodoral, probiotics, and magnesium will resolve elimination problems
Iodoral gives a feeling of “well-being”
Iodoral and magnesium will improve sleep
Patients report decrease in pain after just a few weeks on the protocol