

Basic Liver Support Protocol

The liver is a main organ responsible for system health. These protocols provide integrate the best science available.

Simple Telltales:

- Any chronic disease;
- Fatigue or an absence of vitality;
- Glassy eyes;
- Yellow skin;
- No saliva;
- Heavy urine.

Blood test telltales for liver dysfunction:

- Decreased platelet count – indicates liver inflammation;
- Decreased albumin level – indicates that the liver cannot produce albumin for detoxification;
- ALT levels. Lower usually is better except in cases of severe liver disease indicating most of the liver cells have been killed off;
- Prothrombin time – decreased levels indicate that the liver cannot produce clotting factors;
- Elevated cholesterol or triglycerides.

Detoxification	Qty	Dosage	Role & Notes
Alpha Lipoic Acid	2	Grams/day 1 gram at two meals. Take with food.	<ul style="list-style-type: none"> • Detoxification • Active within blood/brain barrier • Long-term support • Ease of use.
Silymarin – Milk Thistle	2	Grams daily	Antioxidant and detoxifier for liver cells. Protects liver cells from toxin damage.
Alpha Ketoglutarate	1-2	Grams/day	Support acetylcholine production and drive active lipid detoxification and protect from neurological damage.
EPL Myer's Cocktail	1	Oz twice weekly	Broad spectrum antioxidant and detoxification agent.
Beet Top Product	1	Gram each meal or oz beet top juice	Thins bile to facilitate flow and passage of liver toxins.
EPL Phospholipids	1	Tablespoon daily	Supports bile release and lipid detoxification.
Choke berry juice	1	Ounces daily	Helps dissolve bile stones and provides high quality antioxidants.
Rice Tocotrienols	1	Tablespoon daily	Provides broad spectrum vitamin E and cofactors
Immune Assist Mushrooms	2	3x daily	Provides cofactors to aid immunity
Selenium	1	50-100 mcg / day	As recommended
COQ10	300	Mg / day	Helps support energy production required for metabolism and healing
Hormesis Sleeping Pad	1	Sleeping Mat in Bed	Disrupts pathogen lifecycle for yeast, fungus and other pathogens which contribute to hepatic toxin load. Helps stimulate liver tissue regeneration.

Advanced Liver Protocol

In cases of advanced liver degeneration, the following additional components are suggested. Duplicated items indicated higher dosages.

Detoxification	Qty	Dosage	Role & Notes
Liposomal Glutathione	1	Teaspoon Daily	Inhibits Lyme disease toxins effects.
Silymarin – Milk Thistle	4	Grams daily	Antioxidant and detoxifier for liver cells. Protects liver cells from toxin damage.
Alpha Ketoglutarate	2	Grams/day	Support acetylcholine production and drive active lipid detoxification and protect from neurological damage.
EPL Myer’s Cocktail	2	Oz twice weekly	Broad spectrum antioxidant and detoxification agent.
COQ10	600	Mg / day	Helps support energy production required for metabolism and healing
Beet Top Product	3	Gram each meal or oz beet top juice	Thins bile to facilitate flow and passage of liver toxins.
EPL Phospholipids	2	Tablespoon daily at different meals	Supports bile release and lipid detoxification.
Choke berry juice	2	Ounces daily	Helps dissolve bile stones and provides high quality antioxidants.
Rice Tocotrienols	2	Tablespoon daily	Provides broad spectrum vitamin E and cofactors
Immune Assist Mushrooms	6	3x daily	Provides cofactors to aid immunity
Selenium	1	100+ mcg / day	As recommended

Energetic Support

This segment provides energetic interventions which tend to aid in liver recovery in liver related issues.

Detoxification	Qty	Dosage	Role & Notes
Exercise with Oxygen	30	Minutes/day	Maintain optimal tissue oxygen saturation: <ul style="list-style-type: none">• Aids detoxification• Helps control fatigue• Supports immune functions that require oxygen• Inhibits anaerobic organism overgrowth.
PEMF Exposure	30	Minutes/day	<ul style="list-style-type: none">• Aids lymphatic flow• Facilitates detoxification• Increases oxygen availability• Accelerates tissue regeneration• Accelerates cellular detoxification• Inhibits pathogen growth• Reduces inflammation