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Myers Critical Care

The Myers Protocol

The Myers Blast is a bottle, 2 oz, twice weekly. Bottles can be taken all at once, or divided into parts throughout the day to preference.

This program presumes an extended term need for elevated intake of Myer's nutrients, due to elevated stress, healing demands or detoxification requirements. The most common elevated intake is to increase to four ounces, or two containers per week.

The Myers Blast - are all the same (evenly spaced, more or less):

- A bottle every third day;
- Or half a bottle every day;
- 1/4 bottle twice a day;

The oral myer's cocktail has a 3 day time release. Taking one every other day maintains enough in the blood to satisfy acute detoxification requirements for most individuals.

[Taking a Myers Cocktail Video Tutor](#)

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Overview

Myers Critical Care program uses high level doses of oral Myers cocktails to aid detoxification, healing, and stress.

A Myers cocktail contains a spectrum of vitamins and nutrients which dramatically help the body deal with a wide range of stress conditions. This guide designed to help users understand the process, goals, and practice of using the oral Myers cocktail.

The Myers Cocktail was originally used as an IV protocol. The oral version encapsulates the supplements in liposomal capsules which protect them from digestion. Liposomal encapsulation enables oral administration of nutrients which can normally only be delivered by injection.

Oral Myers Cocktail Contents

- EPL - 10 grams
- Ascorbic Acid - 1.2 grams
- Magnesium chloride - 1 gram
- Pyridoxine - 102 mg
- Dex-Panthenol - 252 mg
- Thiamine - 100 mg
- Niacinamide - 100 mg
- Vitamin B12 - 10 mg
- Riboflavin - 2 mg

There are several major benefits to oral MC:

- Convenience / self administration;
- 3 day time release, unlike IV injection, which causes the liver and kidneys to rapidly purge excess supplement;
- Intracellular deliver - delivers payload directly to cells;
- Liposomal are very effective detoxifying agents.

The Myer's cocktail is orange colored. It is dispensed in a 2 ounce container, which is a single dose. The recommended basic dose is 2 ounces weekly. The contents are a yellow-orange gel.

Taking the Myers

The oral MC is strongly smells and tastes of vitamin B. The strong odor and smell make taking them straight a challenge for many. We have found that Clamato Juice, or spiced tomato juice, is a preferred medium for the myers.

1. Put 1 inch of Juice in of glass;
2. Add an amount of Myers (if you want to take the whole, or any part, just pour it into the juice)
3. Use a knife, or back of a spoon to stir the mixture 3 times. Do not fully mix the gel with the juice.
4. Drink the mixture.

Adjuncts

Energetic supports often are very helpful in accelerating recovery and detox. These links provide more information on these tools:

- [PEMF](#) - improves cellular resistance to pathogens and lifts immunological function;
- [Beta Hormesis](#) - reduces inflammatory markers and opposes pathogens.

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