

## L evel One Patient Guidelines

### Guidelines for the Critical 3 day period The day Before/During/After Shot

## A void

- All allergy foods- and FOR 3 WEEKS AFTER (FOLLOW HYPOALLERGENIC DIET IF UNSURE OR ADVISED BY ME)
  - All supplements (unless directed otherwise)
  - All environmental allergies (as much as possible)
  - Medications: check with me
  - Toothpaste (avoid sodium laurel sulfate in toothpaste/use baking soda or a natural toothpaste)
  - Fragrances (soaps/oils/perfumes)
  - Saunas, hot tubs, swimming pools with chlorine
  - Fatiguing exercise, extreme heat, sunburns
  - Chemical Contact
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- IV push of nutrients following the shot at the visit is helpful for most patients; please request this when you schedule your treatment.

Following the 3 day period, you will need to be on an approved:

- Multivitamin/Mineral
- Essential Oils
- Zinc 20-30 mg in addition to the multivitamin
- Magnesium 200-400 mg, in addition to the multivitamin
- Folic Acid 5-10 mg, in addition to the multivitamin

For the duration of treatment.