



IHHS- HEALTH & WELLNESS CENTER

1607 SO. H STREET
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The Local People Serving You

Long Term Radiation Protection Protocol

Average adults (weighing 150lbs or more):

[interestingly, it is the same as to achieve Long term Health and Wellness or prevent/treat cancer]:

Waking and **with an empty stomach** IHHS Energy & Wellness Program w/ Niacin SR 500mg, 1 Pituitary plus capsule, 1 teaspoon Pro-C Ascorbate, 500mg to 1,250mg NAC [N-Acetyl Cysteine]; and 2-3 teaspoons of Zeolite (with lot's of water through the day); one Neo-40 under tongue while waiting to eat.

At **breakfast**, 400-800 IU Natural Vitamin E; plus 1 capsule Pre-Probiotics alternating Tri-Active Red OR Orange, with MegaSporeBiotics; 3-6 capsules quality Fish Oil or Super EPA 2-3 capsules; 2-3 capsules Krill oil; 2 Lipoic acid 100mg; 2 Grape Seed Ext 100mg; Quercetin 500mg;; 225mg Ashwagandha; Vitality Support 2 tablets 2 times a day [Multiple Vitamin with Minerals and Trace Minerals]; Vitamin D3 10,000 IU & Vitamin A 10,000 IU (if not in multiple vitamin); MSM 3-4 scoops

With **a later meal**, 10 of drops of detoxified iodine or ¼-1/2 of an 85mg Potassium Iodate; 1-6 Chlorella tablets; 1 Osseopaprite Cal-Mag tablet; 1-2 Astragalus 500mg; 1-2 teaspoons of Organic powdered Milk Thistle, Turmeric, Moringa, and Beet Root; 2 scoops Colostrum powder, 1 scoop Nitrogreens, 1 tsp Bacopa, Chia, Raw Cacao, Matcha Green Tea; add to cooking/shakes/smoothies

Optional: Garlic, Ginger, and Pomegranate

Also fermented and macrobiotic vegetables & foods, with brown rice, and Asian salty plums to bind heavy metals.

At Evening, 5 of 7 days a week if possible a 30 minute AMD foot bath detox to remove heavy metals and environmental toxins.

At **bedtime** 1-3mg Melatonin based on age; tryptophan if needed for sleep; 1 selenium from Selenomethionine 200mcg, if not in Multivitamin; Magnesium 400mg/3 capsules; 1000-4000mg Vitamin C [from Pro C Ascorbate Powder 4000mg/rounded teaspoonful] to be ingested morning and night; Indium use 1 drop/50lbs on empty stomach.

Monthly

Homeopathic Metex for heavy metals every 7 days

Kidney and Liver Liquescent [From the IHHS Detoxification Program]

Magnazen homeopathic drops once at bedtime for ambient radiation (monthly).

Classical or Constitutional Homeopathy for long term health improvement.

Low dose Homeopathy for miscellaneous complaints.

Far Infrared Sauna treatments [towel off 1st sweat] can be done weekly for greater detox

Alternating months

IHHS Immune Stimulation Program

IHHS Detoxification Program w/ Kidney and Liver Detoxification

Emergency Levels: Potassium Iodate 85 mg or 170mg tablets immediately and every 3-10 days following exposure.

Eliminate sources of wireless EMF radiation: Smart meter, cell phone, modem, FitBit, etc.

<http://johnellis.com/products.php?c=1> Use JohnEllis water machine to optimize water for consumption