



IHHS-HEALTH & WELLNESS CENTER

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The Local People Serving You

Best Long Term Radiation Protection Protocol [interestingly, it is the same as to achieve Long term Health and Wellness]:

Average adults (weighing 150lbs or more):

waking with empty stomach IHHS Energy & Wellness Program w/ Niacin SR 500mg, 1-2 Pituitary capsules, Pro-C ascorbate, and one Neo-40 tablet, 300mg to 625mg NAC [N-Acetyl Cysteine]

at breakfast 400iu Natural Vitamin E plus 1 capsule Super Lactobacillus Acidophyllus Probiotics & 3-6 capsules Barlean's Fish Oil/Super EPA; [**optional** 1-2 Lipoic acid 100mg, 1-2 Grape Seed Ext 100mg, Quercetin 500mg, Ginko Biloba 250mg, 225mg Ashwagahanda, Therapeutic Multiple Vitamin with Minerals and Trace Minerals]

with meals 4 Kelp tablets or 4 drops of detoxified iodine, 1-2 Chlorella tablets, 2 or more Tumeric 300mg capsules, & 1 Osseoappatite Bone Meal tablet, 1-2 Astragalus 500mg, 1-2 Milk Thistle 250mg; [**optional** Colostrum powder, Garlic, Ginger, Tumeric, Pomegranate, Hesperidin 6gm add to cooking/shakes]

at bedtime 1-10mg Melatonin with 1-2 selenium from Selenomethionate 200mcg. Also, one to three thousand milligrams Vitamin C [from Pro C Ascorbate Powder 4000mg/teaspoonful] drinks are to be ingested daily with Vitamin D3 5000-10,000iu, Vitamin A 10,000iu

Monthly

Homeopathic Metex for heavy metals

Kidney and Liver Liquescence [From the IHHS Detoxification Program]

Rad HP homeopathic drops once at bedtime for ambient radiation exposure.

Classical or Constitutional Homeopathy

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