

Protocols for a Pain-Free Life

Take the driver's seat for YOUR health!

All symptoms and disease come from imbalances in 5 areas. To enjoy really vibrant health, people need to be in the driver's seat empowered with awareness, inspiration and effective tools, to turn on self-healing. You must have simple tools and protocols to optimize function in 5 areas: 1) mind (subconscious and conscious) 2) body oxygenation 3) hormones 4) nutrition and 5) detoxification.

MDPrescriptives was born in 2008 to provide supplements that facilitate regenerative healing in these 5 areas with the least capsules per protocol. Most importantly they are infused with the vibration of love. Our mission is to teach patients and Health Care Providers "Regenerative Protocols That Work!" These protocols have been developed and implemented in thousands of patients in the clinical setting.

With more than 15 years of experience, over tens of thousands of patients, and hundreds of doctors, we bring you evidence-based protocols, with the least steps and least capsules, that work to reverse over 80% of all conditions.

All of us here at the MdPrescriptives Team send you Love and Light

What Causes Musculo-Skeletal Pain?

Did you know that musculo-skeletal pain anywhere in the body is a signal that there is inflammation and something is out of balance? Whether you have acute or chronic pain, in one place or all over, there are always underlying causes. This is true even for those with chronic pain and fatigue, who are diagnosed with Fibromyalgia or Arthritis.

It is rather easy to get lost in the myriad of causes that can be found for pain. One should always look for underlying imbalances. Predisposing factors may include adrenal insufficiency, low antioxidants in food, low pH in tissue, physical injuries, misalignment, poor circulation, low oxygenation and excess physical activity.

The most common trigger is a Chronic Stress Response (Page 9), which puts the body into a depleted state for nutrients and cortisol, which protect your body from pain and inflammation. Cortisol is the major hormone that controls inflammation, including pain, allergies and autoimmunity. When we give cortisol injections in joints, we should also be asking, why? We should be asking, "Why is the cortisol system so low that there is chronic inflammation?"

Ultimately in our experience, the causes lie in imbalances in each area of the 5-point model system.

No matter the question...

nature is the answer.



Is Our Pain-Free Protocol For You?

Have you noticed that you are experiencing increasing pain in your body?

You can improve your pain in 30 days by following: Pain-Free Protocol Level 1. *These protocols are meant for musculoskeletal pain only. All other types of pain should be addressed with your doctor immediately.*

The long-term aim is to be completely pain-free. Pain-Free Protocol Level 1 has been effective in restoring a pain-free state in over 80% of people with musculoskeletal pain in 30 days.

Associated symptoms that may improve include:

- Energy
- Sleep
- Stamina
- Motivation
- Well-Being
- Mood

Pain-Free Protocol Level 2 is added if you do not have 100% resolution of your symptoms in 30 days.

Always discuss any protocols with your own health care practitioner as these protocols are not meant as diagnosis or treatment.

Let's Get Started!

Our Quick Fix Pain-Free Protocol

To improve symptoms in 30 days

Make Time to Belly Breathe (page 11) and do a Pain-Free Affirmation:

"I am thankful that I am getting pain-free every moment!"

Start Pain-Free Protocol Level 1

1. For 90 days, Simplify Life with the **My Priorities Exercise** (Page 8).
2. Before 8 PM, drink 100 ounces filtered water daily with Pink Salt and Lemon (page 14).
3. Start **MD's* MagnesiumRx** at 1-4 capsules in the AM and 1-4 capsules in the PM. Work your way up slowly to avoid loose stools.
4. Start **MD's* RxOmega** 1 capsule 4 times/day or 2 capsules 2 times a day.
5. Take Epsom Salt Bath with 8-10 cups of Epsom Salt and lavender or other oil daily.



You should notice dramatic improvement in 4 weeks. To reach your goal, stick with it for 8-12 weeks! If you need more support add Level 2.

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Start Pain-Free Protocol Level 2

For those without complete resolution in 4 weeks, add the following:

1. Practice **Quick Coherence Technique** 5 minutes in the AM and PM to “Preserve Your Reserve” (Page 9)
2. Start **CBD Sublingual Spray from QuickSilver**, 2-4 sprays every 4-6 hours. Hold under your tongue for as long as possible.
3. **Magnesium Oil from Ancient Minerals** Apply 20-40 sprays daily to areas of pain.
4. Prescribed Choice **Inflameric Plus Extra Strength** 1-3 capsules daily OR Make Magic Potion 1 tablespoon in water twice a day (Magic Potion is made with individual organic powders. Add 2 parts curcumin and 1 part each of black pepper, garlic, ginger, cinnamon and cloves).

Post-Protocol Maintenance

- **MD's MagnesiumRx, MD's RxOmega, Epsom Salt Baths and Simplified Life Commitments**

If all symptoms do not resolve, please contact your healthcare provider for guidance and exploration of possible chronic infection and other conditions.

If you are ready to address causal factors for long-term regeneration, try out the suggestions on the following pages to optimize the 5 areas over 90 days.

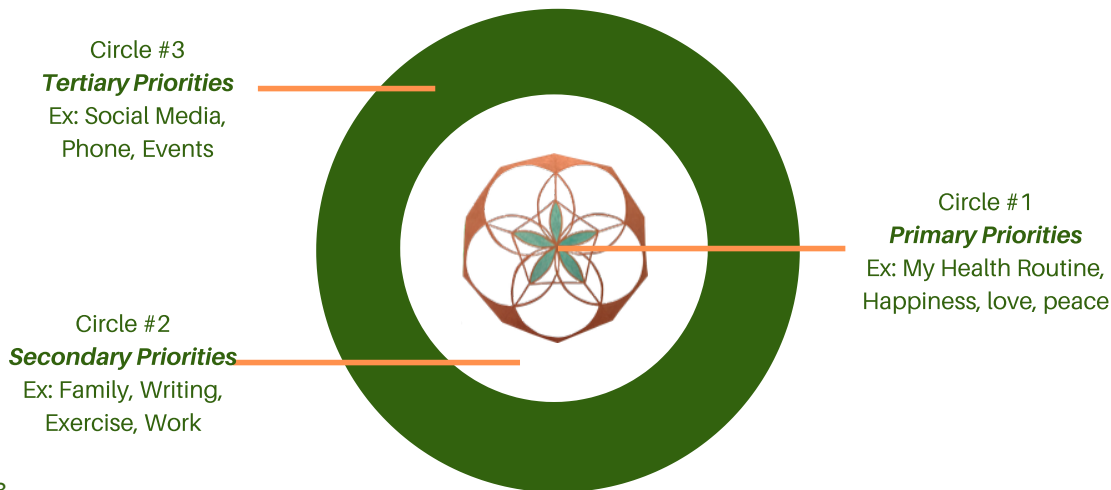
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Calm the mind through the heart's joy: **Laugh and Play**

When you calm the nervous system, you spare your "fuel" (like hormones and nutrients) to be used in neutralizing pain. So, "Preserve Your Reserve" There are two proven methods that we have used successfully.

My Priorities Exercise: **Simplify Life**

Decreasing commitments is key to reversing any condition. Draw three concentric circles. The middle circle is #1 Priority, which is **Your Health Routine**. List your secondary and tertiary priorities (like associations and activities) in Circle #2 and #3. For 90 days, cut out all commitments in #3 and reduce commitments in #2. Let your tribe know that you are focused on getting **golden**, so you can excel in your duties long-term. Focus on #1.

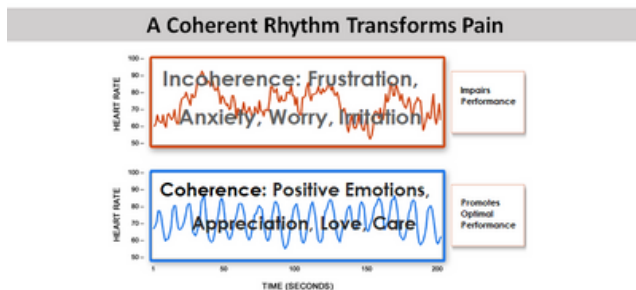


Transform Sub-Conscious Stressors: Flip the Emotional Switch

You cannot change the fact that a hurricane is upon you. You can alter the **Chronic Stress Response**; the way it affects your body and the drain of hormones and nutrients that occurs. This is done by flipping the emotions in your heart into a coherent rhythm: **calm heart = calm mind = pain-free life**. You must believe that you can have a pain-free life.

Practice Quick Coherence Technique 5 minutes in the AM and PM:

This can convert your heart's rhythm to a coherent pattern in less than 60 seconds. Close your eyes. Breathe in, feeling air enter into your heart and out of your heart. Virtually recreate the feeling of an activity that gives you pure joy. What does it look like? Sound like? Smell like? Taste like? Feel like? It's a virtual reality of the joyful experience. Continue to breathe in and out of your heart.

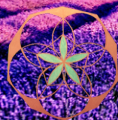


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You can observe your pattern with an App www.heartmath.com/innerbalance Aim for a coherent heart rhythm. Effects last for hours.

Believe in YOU.





Body

Optimize oxygenation to the body

Oxygen makes up 68% of your body. It is well established that the oxygen reaching your microvessels is vital to each organ's function. This includes all muscles and connective tissue. When you experience pain anywhere, that area is not getting enough oxygen. You can increase the oxygen flow to all of your organs immediately using any of the below techniques, while you repeat your affirmation. These can also be helpful in times of pain.

1. Simply breathe consciously, so that the length of inhale matches the exhale. Consciously direct oxygen to the site of pain.
2. Take a walk outdoors, swing your arms, while belly breathing.
3. Practice "Belly Breathing" In sitting or lying position, close your eyes. Place a hand over your abdomen and one hand on your chest. Inhale gently through your nose for 4 seconds. Feel your hand rise as your belly expands, not your chest. Hold your breath for 2 seconds. Exhale slowly through your mouth for 6 seconds. Repeat for 5-15 minutes. Observe how you feel differently.



Breathe In



Breathe Out



Hormones

Optimize the Adrenal / Thyroid / Insulin Hormones

Hormones such as pregnenolone, progesterone, DHEA, testosterone and cortisol are the body's major anti-inflammatory hormones. Depletion of these hormones and nutrients is often seen with stress when you have a hyperactive nervous system. So, the Chronic Stress Response is a major cause of pain. "The speed of the engine determines how much fuel (i.e., hormones and nutrients) you use."

Steps you can take include:

1. Lower the speed of your engine. Reduce Commitments and Simplify Life with **My Priorities Exercise** (Page 8)
2. You can activate your existing hormones with:
 - **MD's* Essentials 5 in 1 DR** or **MD's* Daily 2**, which specifically have the doses needed for thyroid, insulin and adrenal activation. 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night (due to the high B vitamins).
 - You can start a proven herbal support for the adrenals: **MD's AdrenalForte** 2-4 capsules before 2 PM.
 - Start bio-identical **MD's* Pregnenolone** 50-100 mg and **MD's* DHEA** 25-50 mg, both in the AM and Noon. Best dosing is determined by measuring your blood levels.
3. Find a Health Care Practitioner who will work with you to optimize hormones. Often lab tests will come back in the "normal range", but not necessarily in the "optimal range", which is defined in the 75th percentile of the normal range. Always aim for optimal!

Nutrients

Optimize the Nutritional Status

Specific nutrients are responsible for our anti-inflammatory mechanisms. Did you know that antioxidants like Omega 3, Vitamin C and Vitamin E help to control pain and inflammation? Did you know that magnesium, B-vitamins and Vitamin C are part of cortisol's mechanism in combating inflammation and pain?

Steps you can take:

1. Depend on organic food to be your main source of nutrients. Eat the **Balanced Plate Ratio** at every meal of 50% vegetables, 25% lean protein, 25% complex carbohydrates
2. Eat your daily dose of Regenerative Foods such as fermented foods (like **Kashaya** Non-Dairy Yogurt, unpasteurized sauerkraut or kimchi), sprouted seeds and Blue-Green Algae
3. When using supplements, make sure the toxic junk is out. Avoid all dyes, preservatives, fillers, magnesium stearate and vegetable stearate.
4. Measure your nutritional status with **Spectracell™** blood test annually. Optimize to 75th percentile.
5. Start **MD's* Essentials 5 in 1 DR 2** capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night.

Veggies



Complex Carbs

Protein



Detoxification

Toxic build up in the body is a primary cause of declining health and pain worldwide. Man has added 100,000 toxins to our environment, which the body needs to handle to remain vibrant. The body's normal mechanisms include primarily flushing with water, a functioning liver, gallbladder, skin, kidneys and lymphatics. The bowels must move at least twice daily. pH above 6.7 is needed to be pain-free. Most importantly we depend on a healthy microbiome inside and outside. If any of the above is compromised, we can have pain.

Steps you can take:

1. Drink 100 ounces filtered water daily with Pink Salt and Lemon.
 - Prepare 100 ounces of water in 3 glass containers with PRL Pink Salt (to taste) and 1-2 lemons. Honey or stevia can be added if needed.
 - Drink 1 by 12 noon, 1 by 3 PM and 1 by 6 PM.
2. Correct the gut microbiome with **MD's* Purebiotic** or fermented foods like **Kashaya** Non-Dairy yogurt and unpasteurized sauerkraut



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You got this.

Steps you can take continued:

3. Do the *Sunrise Walk* for 30 minutes daily.
4. Ground your feet to the earth, and belly breathe 5 minutes daily.
5. Decrease WiFi, cell phones, computers and SMART meters. Protect with **Defender Shield**.
6. Check morning urine pH is >6.7 where all cell function is optimal. If it is below this, increase water, **PRL Pink Salt**, **PRL Polar Mins** or greens.



For a full detoxification protocol and videos follow the link on
www.mdprescriptives.com.



These protocols have been developed and clinically tested in thousands of patients over 15 years. Brought to you by your doctor.

For More Information, Visit www.mdprescriptives.com