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Healing by Design

Chronic Fatigue Syndrome

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Body Ecology Diet to eliminate all allergenic foods, boost immune system and fight infections. It also eliminates sugars and caffeine that can be hard on the adrenals.
2. Sunshine! Sunshine in the eyes is crucial for hormone production and adrenal function. Take **BioAstin by Nutrex** so you tan nicely and don't get sunburned. Avoid sunglasses, sunscreen or anything that would block light from entering your body.
3. **Sea Salt or Himalayan Pink Salt**. This is vital for adrenal function. Put 1 teaspoon per gallon of water and also add salt to foods as desired. Get the **himalayan salt stones by NHI** and use the SOLE method for best results. Add 1 teaspoon of SOLE water to a glass of water upon rising.
4. **Adren-All by Orthomolecular or Adrenal Fatigue Fighter by Ridgecrest**. These are both great formulas. If super fatigued, take the Adrenal Fatigue Fighter. If wanting a good supplement to build, heal and repair the adrenals long-term, take the Adren-All. Specifically for Focus and Concentration, take **Adrenal & Focus Blend by Cedar Bear** for adults or **Focus & Attention by Cedar Bear** for children.
5. Vitamin C such as **Pure Radiance C by Synergy**. Vitamin C is used more by the adrenals than any other part of the body. Some Vitamin C is actually stored in the adrenals. Get your BEES. B-vitamin are important for adrenals and energy. All bee products such as bee pollen and royal jelly contain high levels of B-vitamins. **Royal Oil and Royal Power by North American Herb and Spice** are the best!
6. **Earthing Sheets** help you connect to the earth. You can and should also be outside and play outside. Earthing sheets help you sleep better, reduce stress and anxiety and relieve pain conditions.
7. **VitaBlue Ocean Minerals** are loaded with electrolyte minerals that work like a blood transfusion. They literally have the same minerals as human blood. **Inner Vitality plant minerals by Morningstar** (2-4 ounces daily) will provide all your trace minerals from a plant source. **Electrolyte Stamina by Trace Minerals Research** are nice if you prefer a tablet. Minerals are crucial for adrenal function and mineral deficiencies come from the same problems that damage adrenals (sugar, caffeine and stress).
8. **Holy Basil by Cedar Bear (liquid) or LA Naturals (gel-cap)**. If you put it under your tongue you will very quickly feel the amazing benefits of holy basil. You will feel calm, balanced, relaxed and able to handle stress much better. And it doesn't make you tired, just calm and relaxed!

9. Keep blood sugars balanced. Take ***Glycemic-H by Vibrant Health*** to balance blood sugars. Adrenal fatigue causes cravings for false stimulants (caffeine and sugar). Avoid sugar and starch, especially for breakfast. Skip the bread, cereal, pancakes and muffins. Instead go for eggs, omelets, turkey sausages, green smoothies and soups. Healthy fats and proteins will keep blood sugars stable.

10. Avoid steroids like Prednisone at all costs. They greatly weaken and damage the adrenal glands.

BONUS Cleansing Steps for Chronic Fatigue

11. Cleanse! Try the ***Spirit of Health Kidney Cleanse, Lymph Cleanse, Microbe Cleanse and/or Liver cleanse.***

12. Drink alkalizing healing drinks with a combination of Bragg's Apple Cider Vinegar, lemon juice and baking soda. Baking soda should only be consumed on an empty stomach.

13. Consider enemas. This is a new concept to many people, but life changing for many with toxicity conditions. Cleansing enemas might include lemon, baking soda, sea salt, bentonite clay or even plain water.

14. Iridology. Any iridology assessment can tell you your genetic weaknesses, tendency toward adrenal fatigue, levels of congestion or toxicity and much more.

15. Get Alkaline! All toxicity conditions are the result of an acidic body. By switching away from grains, meats, dairy, coffee and sugar towards more fruits, vegetables, greens, nuts, seeds and herb you can begin to shift the balance. An incredible alkalizer is the ***pHQuintessence by NHI***, a 40:1 concentrate of alfalfa, one of the most nutritious greens on the planet.

16. Exercise. You may feel tired, but getting outside and walking can help a lot. Doing anything to get fresh air and move your body is going to bring life back into your body.