



IHHS-HEALTH & WELLNESS CENTER

1607 SO. H STREET
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(661) 837-0453 ~ FAX (661) 837-0560
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]:

waking with empty stomach IHHS Energy & Wellness Program w/ Niacin SR 500mg, 1-2 Pituitary capsules, 1 teaspoonful Pro-C Ascorbate, and one Neo-40 tablet, 500mg to 1,250mg NAC [N-Acetyl Cysteine]; and 2-3 teaspoonful's of Zeolite

at breakfast 400-800iu Natural Vitamin E; plus 1 capsule Friendly force Probiotics 25m/u; 3-6 capsules Barlean's Fish Oil/Super EPA 2-3 times a day; 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 of drops of detoxified iodine or ¼ of an 85mg Potassium Iodate; 1-2 Chlorella tablets; 2 or more Tumeric 300mg capsules; 1 Osseopappate Bone Meal tablet; 1-2 Astragalus 500mg; 1-2 Milk Thistle 250mg; [optional Colostrum powder, herbs; Garlic, Ginger, Tumeric, Pomegranate, Hawthorne, Milk Thistle, Raw Cocoa, Hesperidin, add to cooking/shakes/smoothies]

at bedtime 1-3mg Melatonin based on age, with 1 selenium from Selenomethionate 200mcg. Also, one to four thousand milligrams Vitamin C [from Pro C Ascorbate Powder 4000mg/rounded teaspoonful] drinks are to be ingested daily with Vitamin D3 10,000iu, Vitamin A 10,000iu if not in multiple vitamin

Monthly

Homeopathic Metex for heavy metals every 7 days
Kidney and Liver Liquescence [From the IHHS Detoxification Program]
Rad HP homeopathic drops once at bedtime for ambient radiation monthly.
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