



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

at breakfast 400-800iu Natural Vitamin E; plus 1 capsule Pre Probiotics Triactive/Prescript Assist; 3-6 capsules Barlean's 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 Ashwagahanda; Vitality Support 2 tablets 2 times a day [Multiple Vitamin with Minerals and Trace Minerals]; Vitamin D3 10,000iu & Vitamin A 10,000iu (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 Osseopapatite Cal-Mag tablet; 1-2 Astragalus 500mg; 1-2 teaspoonful's of Organic powdered Milk Thistle, Tumeric, Moringa, Beet Root; 2 scoops Colostrum powder, 1 scoop Nitrogreens, 1 tsp Bacopa, Chia, Raw Cocoa, Matcha Green Tea; add to cooking/shakes/smoothies, optional: Garlic, Ginger, Pomegranate
Also fermented and macrobiotic vegetables & foods, with brown rice, and Asian salty plums to bind heavy metals.]

at bedtime 1-3mg Melatonin based on age; tryptophan if needed for sleep; 1 selenium from Selenomethionate 200mcg, if not in Multivitamin; Magnesium 400mg/3 capsules; one to four thousand milligrams Vitamin C [from Pro C Ascorbate Powder 4000mg/rounded teaspoonful] drinks are to be ingested morning and night; Indium use 1 drop/50lbs on emptystomach.

Monthly

Homeopathic Metex for heavy metals every 7 days

Kidney and Liver Liquescence [From the IHHS Detoxification Program]

Magnzaen 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]

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 ie Smart meter, cell phone, modem, FitBit, etc

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