

<b>ALS - Sandra - CALS</b>	<i>Sandra is a caregiver for a PALS. The supplements are based off of research into effectiveness from pubmed studies but as a protocol, no trials have been done.</i>
Physiotherapy	<i>must keep range of motion and do not want to get frozen shoulder, etc.</i>
Meditation	
Massage with MCT oil	
healthy diet - high in good fats, low in sugar, low glycemic, adequate protein	<i>spikes in glycemic index have been shown to be inflammatory</i>
Healthy living - no smoking, no alcohol, ensure living environment is scent free	<i>scents cause unnecessary stress on the body detoxification systems so avoid scented laundry detergent, soaps, shampoos, etc.</i>
MCT (2 tbls twice a day)	<i>form of coconut oil that is absorbed into the bloodstream without need for fat digestive enzymes which is very important for those with low fat digestability; provides necessary calories; caution work up slowly since may cause stomach cramps</i>
TUDCA (1 at each meal)	<i>showed good results in phase 2 als studies (but was a small study <a href="https://www.ncbi.nlm.nih.gov/pubmed/25664595">https://www.ncbi.nlm.nih.gov/pubmed/25664595</a>) and liver protector; aids bile production; Your liver uses bile as a way to get rid of all kinds of waste products.</i>
digestive enzymes - as necessary, broad spectrum enzymedica	<i>especially important if have a meal containing milk or hard to digest beans</i>
sometimes betaine Hcl if heavy protein meal	<i>betain Hcl is for the digestion of protein</i>
VegOmega-3 (need alpha linolenic acid); camelina oil also good and not as bad tasting as flaxseed oil (1 tbls a day)	<i>an omega-3 fatty acid intake of 2 g/day alpha-linolenic acid (ALA) and 250 mg/day long-chain omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) an omega-6 fatty acid intake of 10 g/day linoleic acid (LA).</i>
krill oil	<i>250 mg/day long-chain omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)</i>
Phospholipids - 1 a day use EssentialeForte	<i>possibly not necessary if have a diet that includes phospholipids but good fats are very important in ALS</i>
probiotics - 1 plantarum (to reduce sibo and inhibits inflammatory response), bacillus coagulans BC30 (butyrate producing bacteria); probiotic suppository is best in combination with oral intake	<i>must be selective as to which probiotics - no d-lactate producing (has been shown to be detrimental in autism) A combination of lactobacillus plantarum and lactobacillus rhamnosus has been found to be effective in suppressing bacterial overgrowth of abnormal gas producing organisms in the small intestine. butyrate is an important short chain fatty acid that intestinal cells need</i>
Atrantil	<i>for gas producing SIBO; especially important if get a lot of gas pains</i>
Candibactin BR	<i>for SIBO - contains berberine; use caution since may interact with certain prescriptions; may not be necessary if othe SIBO treatments working; as good as rifaximin for SIBO when used with Candibactin AR</i>
Monolaurin	<i>Chris Kresser recommends this as a gentle method for SIBO. has antibacterial, antiviral, and other antimicrobial effects in vitro.</i>
b complex (AOR B complex 1 at main meal)	<i>with protein consumption, should get enough b vitamins but b vitamins are destroyed in cooking</i>
vit E (AOR total E)	
NAC (200 mg per day) + selenium (50 mcg per day) + vit D + zinc/ copper + molybdenum	<i>NAC for homocysteine, needed in malabsorption; Selenium - a large study showed helped slow HIV so good for immune system</i>
dessicated liver pill (1 a day)	
cannabis	<i>helps with appetite and pain control for some</i>
possibly: TENS, cold laser therapy for pain, butyric acid (but if can correct gut bacteria to add butyrate producing, will not need this), ginger (prokinetic, antiviral/ bacterial), Saccharomyces boulardii (used in c difficile infections); lactoferrin, high dose niacin, colostrum (helps heal mucosal lining), calf thymus extract to modulate immune system, indian frankensce is an anti-inflammatory, serrapeptase (on a temporary basis to break up biofilm from SIBO, may also help with mucus buildup in throat)	<i>ginger seems to help my PALS sleep</i>
Possibly prokinetic to ensure proper motility of the stomach: iberogast	<i>antrantil has prokinetic so only need this for extra support</i>
Unsure: inosine (in trial for ALS as antioxidant but may increase risk of kidney stones)	
Unable to tolerate: milk thistle, curcumin, msm (sulfur gave headaches), lipoic acid, Candibactin AR (oregano oil gave severe indigestion)	

	<i>Steve was 42 when diagnosed and eventually became wheelchair bound. Through experimentation with supplements, came up with the protocol below which said led to complete recovery. <a href="http://www.shackel.org">http://www.shackel.org</a></i>
<b>ALS - Steve Shackle</b>	
liver function important, low glycemic index diet, meditation, clean water intake, more supplements are not necessarily better	
700mg Silymarin/St Mary's Thistle - 2 x 175mg x twice daily	<i>examine.com says similar mechanism to TUDCA; increases glutathione; if have sulfur sensitivity then may causes headaches, etc.</i>
1400mg Burdock Root (Arctium lappa) - 2 x 350mg x twice daily	<i>Burdock contains chemicals that might have activity against bacteria and inflammation but not a lot of evidence in webmd.com</i>
100mg OPC (Grape Seed) - 1 x 50mg capsule x twice daily	<i>enhance blood flow; all other markers have minor evidence in examine.com</i>
High potency B complex capsule - 1 capsule daily	<i>B vitamins best taken as a complex since many rely on the presence of the others</i>
Zinc complex tablet - 1 tablet or capsule daily	<i>essential for the immune system and many other bodily processes but don't take too much; also deplete copper</i>
2000mg slow release Vitamin C - 1 x 1000mg tablet x twice daily.	<i>antioxidant and co-factor for many bodily processes; best to obtain from food</i>
6000mg Flax Seed and/or Fish Oil (~2 teaspoons flaxseed/fish oil) - 3 x 1000mg gel caps or one teaspoon x twice daily	<i>source of omega 3 and DHA, EPA</i>
1000mg garlic - 1 x 500mg capsule x twice daily	<i>helps regulate cholesterol and blood pressure; anti-pathogenic; if have sulfur sensitivity then may causes headaches, etc.</i>
1000mg ginger - 1 x 500mg capsule x twice daily	<i>minor evidence for inflammation</i>
<b>ALS - Kim Cherry</b>	<i>Kim was diagnosed with bulbar ALS in 2011. He degraded to the point that his breathing and functional ability was impaired. Said the protocol reversed his disease. <a href="http://www.alswinners.com/">http://www.alswinners.com/</a></i>
ozone therapy	<i>may decrease ammonia?: wiki: There is no credible, peer reviewed evidence to support the use of ozone as a type of medical therapy.</i>
hyperbaric	<i>used medically in treatment of diabetic ulcers; no evidence for other uses</i>
Start taking 4000 mg of Vitamin C daily. Vitality C is excellent brand.	<i>antioxidant and co-factor for many bodily processes; best to obtain from food</i>
Start using coconut oil, as ointment on weak muscles and 6 to 8 tablespoons with food.	<i>Deanna protocol also uses coconut oil</i>
Get Magnesium. Kim takes 1 teaspoon of Natural Calm and 3 tablets of jigsaw magnesium daily.	<i>important for many bodily processes</i>
Take a glutathione supplement. Wellnesspharmacy.com sells a 5 oz bottle (1 t. per day)	<i>if have sulfur sensitivity then may causes headaches, etc.</i>
Take Vitamin D3. D levels should be 60-90. Get D levels checked if possible.	<i>many PALS purportedly low in Vit D</i>
Take Turmeric. 750 mg per day	<i>may decrease inflammation</i>
Go to a gluten free diet. (No grains with gluten such as bread & pasta.)	<i>gluten may cause gut wall permeability leading to inflammation</i>
Implement ketogenic (high in good fats) and Terry Wah's diet (high in fresh vegetables). Google for more info.	<i>ncbi.nlm.nih.gov/pmc/articles/PMC4438106/ ; just ensure you are getting adequate calories</i>
Increase hydration. Try to drink at least 4 quarts of pure water per day.	<i>best to sip, not drink large amounts at once</i>
If swallowing is an issue (Bulbar ALS), start drinking carbonated water until your throat heals..	
Learn ways to detox your body. Google ways to detox.	

<b>ALS - Deanna</b>	<i>Deanna was diagnosed when she was 30 years old and started losing function including her ability to speak. Said protocol cured her. <a href="https://www.winningthefight.org/">https://www.winningthefight.org/</a></i>
Arginine alphaketo-glutarate (AAKG) – 18 g/ day (delivers energy to nerves)	<i>very large amount and may cause digestive distress</i>
Alphaketo-glutarate (AKG) -300 mg pills every hour (delivers energy to nerves)	<i>possibly effective for improving kidney failure and preventing muscle breakdown after surgery or trauma.</i>
5HTP – 50 mg (precursor to NADH and also serotonin and melatonin, both inhibitory neuro-transmitters)	<i>webmd: Possibly effective for improving symptoms of fibromyalgia including pain severity, morning stiffness, and sleeplessness; not to be taken with antidepressants</i>
Niacin – 250 mg (precursor to NADH)	<i>one type may cause niacin flush where turn red &amp; hot temporarily</i>
GABA – 250 mg 2X a day (inhibitory neurotransmitter)	<i>Oral GABA supplements are not able to cross the blood-brain barrier and are not beneficial for increasing levels of GABA in the brain. <a href="https://www.ncbi.nlm.nih.gov/pubmed/22612585">https://www.ncbi.nlm.nih.gov/pubmed/22612585</a> - best GABA producers (reference) Probiotic B.Brevis may be better for increasing GABA</i>
Ubiquinol (coq10) - 400 mg 3X a day (helps energy cycle in mitochondria)	<i>energy to cells, important for nitric oxide cycle, lipid protector, best form of coq10; endogenous antioxidant</i>
Glutathione IV	<i>if have sulfur sensitivity then may cause headaches, etc.</i>
Non-exhausting exercise (PRE, aerobic, speech, and respiratory) - Please note that non-exhausting exercise is exercise that does not diminish the function of your body after it's done.	<i>this is recommended by most neurologists in order to keep range of motion and movement</i>
Massage with extra virgin coconut oil, which contains caprylic acid, which enhances energy production in the mitochondria of the muscle cells.	
<b>ALS - Derek Swinnard</b>	<i>Derek said he stopped his progression. Credits <a href="http://freitaghomeopathics.com">freitaghomeopathics.com</a> and a lot of supplements that I've taken over the years have been based on live blood cell analysis or whatever I happened to read.</i>
<a href="http://freitaghomeopathics.org">freitaghomeopathics.org</a>	<i>in london, ontario, canada</i>
pulsating current through acupuncture needles (2 in arms and legs and 3rd in top of head)	<i>most acupuncturists will do this for you</i>
750 mg Magnesium per day	
digestive enzymes	
essential fatty acids	<i>very important for brain health</i>
liver support like shackle	
<b>ALS - Nadir Akinci</b>	<i>Nadir is a 30 year old who lost most hand function and needed assistance walking. Said protocol cured him. <a href="https://nadirakinci.com/nadirs-amyotrophic-lateral-sclerosis-remission-protocol/">https://nadirakinci.com/nadirs-amyotrophic-lateral-sclerosis-remission-protocol/</a></i>
I.M (intramuscular) injection of 8 mg Dexamethasone every morning.	<i>corticosteroid medication; unlikely to get doc to prescribe; suppresses immune system</i>
Testosterone injections to keep your testosterone levels near the upper limits.	<i>unlikely to get doc to prescribe Many men report improvement in energy level, sex drive, and quality of erections. Testosterone also increases bone density, muscle mass, and insulin sensitivity in some men.</i>
100 mg Imuran a day. This will help you taper your Dexamethasone dose in the future.	<i>Azathioprine, sold under the brand name Imuran among others, is an immunosuppressive medication. It is used in rheumatoid arthritis, Crohn's disease, ulcerative colitis, and in kidney transplants to prevent rejection.; unlikely to get doc to prescribe</i>
Insulin shots after each meal, depending on the glucose levels. The physiological effects of insulin on ALS patients is unbelievable (see: <a href="https://en.wikipedia.org/wiki/Insulin#Physiological_effects">https://en.wikipedia.org/wiki/Insulin#Physiological_effects</a> ).	<i>very dangerous and must be carefully monitored if done; bodybuilders sometimes do it because insulin activates mTor which inhibits Atrogin-1 (Atrogin-1 is a muscle-specific F-box protein highly expressed during muscle atrophy)</i>
Exercise as much as possible.	<i>this contradicts what neurologists and other protocols say</i>

## ALS - David Jayne

*David has had ALS for 28 years. Despite losing significant weight and mobility due to ALS, he has gained back weight and strength in various muscles such as his neck. He requested the letter be included with the protocol.*

Let's see where to begin. I have to say this is not a miracle. The miracles lay in the fact I never gave up in 28 years and that I failed on a couple suicide attempts. I don't condone offing yourself but I sure do understand pain you think will not go away. Give it a day nothing lasts forever. My recovery is a result of 3+ years of blood, sweat and tears, research and hard work. My MCG friends, I didn't even get a coffee cup. Why am I so hell-bent on you knowing this isn't a miracle? Because it's better than a miracle it is obtainable and can be reproduced by your beautiful God given mind.

2011 I turned 50 and the perfect storm was brewing inside me to initiate this. My self-esteem was in the crapper, I thought I was a burden therefore I was, everything I thought I knew didn't make sense and a red Ferrari sure couldn't ease my delayed midlife crisis pain. Possessions have never impressed me and if I turned to drugs or alcohol it would have taken a poop load to anesthetize the pain so I searched further. January 28th 2012 I moved to a rural area where cable or DSL doesn't exist and I unplugged. I unplugged from family, friends, God and life. I had become a FOX news junkie, sorry Kathleen. The day I moved I stopped watching and reading the news, stopped voting since uninformed and began weening off of politics.

I was angry, untrusting, immature, operated in a small world, closed minded and so damn arrogant thinking I knew it all. Whoa, boy, I pity that guy now and anyone that had to interact with me. I am very sorry. I had been doing the same things decades expecting different results. Yes, insanity was me. I had to find peace. Unplugging and taking a brutally honest look at myself were the two best decisions of my life so far. Finally living honestly since the diagnosis I felt like a billion bucks. It took nearly thirty years, but I fell in love with ALS David. After getting comfortable in this new skin things started happening. I had atrophied from a men's XL shirt to a medium that appeared to still be on the hanger when dawned. By mid-summer '12 I had gained thirty pounds of mostly muscle mass. The medium shirts would not fit my shoulders. New shirts had to be purchased. I was too busy to give it much thought other than I was fat and happy.

The following October my left paralyzed pinky moved slightly on command. Over the years I check occasionally if paralyzed parts can move again. It would really suck if I could move and I just laid there years. My glass is a quarter full. I have been disappointed many times, but not that October check. I was moving in more places than not. Hell's bells David, you faker was my reaction to the restored movement. I was out of my mind happy. I was certain western medicine had a stroke victim therapy or something that would have me walking by Christmas. I had absolutely zero understanding or appreciation what my mind and body were doing. I laser focused on accelerating the healing process.

I spent two years searching for answers and therapies in traditional medicine when my cousin, Steve Borne sent me a link to Joe Dispenza's lecture on spontaneous remissions of terminal diseases and chronic conditions. I rode around several days listening to that talk repeatedly. The common denominator in these remissions was all of the individuals made drastic lifestyle changes. I was all in, because I had experienced this. All in though not all comprehending. I still didn't understand or appreciate it is a love centered lifestyle and healing is a wonderful byproduct. Then I read Break The Habit Of Being Yourself, by Joe Dispenza and later You Are The Placebo, by Joe Dispenza also.

Now, I need to get dark for a minute. Western culture is a façade, a wizard behind the curtain, a lie, because we are controlled by fear. We live in a fear based society. We have been doing this so long we do not realize how brainwashed we are and how much power we have surrendered. It's an enormous Truman Show. Going further will just get depressing. Understanding this is true you can become fearless. Living fearlessly all of your power is restored to do things like recover from ALS. I appreciate this reads like I hit the bong too many times, but it is the totally sober enlightened truth. This was the most difficult obstacle for my mind to wrap around. Once I accepted this I could open my fearless mind to unlimited possibilities.

Unlimited possibilities exist in the realm of the unknown. Not knowing can be terrifying if you have spent your life being controlled by fear. The big secret is most fears are baseless. Stepping off into the unknown was new after years of micro managing my life. Completely believing anything is possible took time.

I had work to do in my life. A divorce created a financial disaster. Scrambling to survive economically and stay alive old thinking returned. I didn't listen to my gut or niece and took in a couple and their children that were homeless and unemployed as a caregiver solution. It didn't take long once home from the hospital to understand why homeless and unemployed. I was still in the victim role and they took full advantage of me. I had so much hate for them I know if able body they would not need a home or a job. This was a million miles from where I wanted to be in my head and heart. I was embarrassed of myself. I said, sport is anything you're doing solving your problems or making you a better person? Nope. Suddenly it clicked and everything became crystal clear. This lifestyle I was attempting to live required unconditional love for everyone without exception. Surrendering to this and embracing it my life has been happily ever after since. Nothing is a struggle, no worries or concerns and my body is responding beautifully.

There is intelligence within us that makes trillions of decisions every second keeping our bodies alive. This is our subconscious intelligence and decides if we are well, ill or dead by the diet of conscious thought it is fed. It cannot determine reality from fiction so fake it until you arrive where you want to be emotionally. I meditate an hour a day. I promise you cannot afford to be without this hour in your day. I know if I was mature enough to meditate in my twenties I would not have ALS and lived a radically different life. Good Lord the high I get cannot be

...nature enough to meditate in my twenties I would not have had and lived a radically different life. Good lord the high I get cannot be touched with alcohol or drugs and living to be your higher self is effortless.

Another vital aspect to my recovery is diet. When the feeding tube was placed in my stomach the spring of 1992 the dietitian was telling my family how many cans of formula I needed a day. I was gaining my wits after the anesthesia and thought SCREW THAT I have swallowing difficulty not digestive issues. I went home and ate a blender full of my Mom's homemade vegetable soup. I never stopped eating natural food. I am certain that has played a major role in my longevity. Prior to the restored movement I was consuming whey protein twice a day and take a maximum dose of generic Motrin with food. When the new movement was discovered I knew I was onto something with a diet high in protein and anti-inflammatory benefits. I started researching and began tweaking my diet. Below is what it is today.

Breakfast: 10oz of raw milk, large spoonful of organic peanut butter, handful of cashews, handful of frozen blueberries, half of a banana and a table spoon of organic coconut oil.

Lunch and dinner: Baked chicken, cooked dried beans, slightly steamed frozen or fresh vegetables (anything but corn and white potatoes), handful of frozen blueberries, handful of cashews and a table spoon of organic coconut oil blended with distilled water.

I consume a half gallon of green tea daily brewed with distilled water. I do not eat sugar or processed foods. I feel fantastic, no brain fog or afternoon lull. My vitals are ideal. Checking blood chemistry this week, but last check it was perfect. I get outside every day weather permitting, but adding vitamin D3 to meds and supplements. Below are my medications and supplements. (see below) Well, that's my story. I have no doubt it is the entire program that is reversing the paralysis. Finally, there is a universal intelligence, creator, God or whatever you're comfortable calling it that connects everything in the universe we can tap into. The possibilities are unlimited if you simply open your mind.

Sodium Bicarb 650 mg kidneys had blood acidic two years ago (2@ breakfast, 2@ bed)	<i>Oral bicarbonate is widely used to correct acidosis in advanced chronic kidney disease. Although some uncertainty exists regarding the balance of benefit and risk for this intervention.</i>
Baclofen 10 mg for ALS spasticity (1 @ breakfast, 1@ bed)	<i>Baclofen is a prescription medication that is a muscle relaxer used to treat spasm, pain, and stiffness.</i>
Reglan 5 mg for bowel issues last summer (half @ bed)	<i>Reglan (metoclopramide) is a prescription medication that increases muscle contractions in the upper digestive tract. This speeds up the rate at which the stomach empties into the intestines.</i>
Lasix 20 mg (as needed)	<i>Lasix (furosemide) is a prescription medication that is a loop diuretic (water pill) that prevents your body from absorbing too much salt.</i>
Diphenhydramine (antihistamine) 50 mg (1@breakfast, 1@bed, as needed)	<i>Diphenhydramine is an over the counter drug that is an antihistamine mainly used to treat allergies.</i>
Multi vitamin over fifty (1@ breakfast)	
Ibuprofen 200 mg (2@ breakfast, 2@ dinner, as needed)	<i>Ibuprofen is over-the-counter drug and is a nonsteroidal anti-inflammatory drug (NSAID). It works by reducing hormones that cause inflammation and pain in the body.</i>
Vitamin B12 1000 mg (1@ breakfast, 1@ dinner)	<i>A water-soluble vitamin that has a key role in the normal functioning of the brain and nervous system, and the formation of red blood cells.</i>
Carnosine 500 mg nerve regeneration (1@ breakfast, 1@ dinner)	<i>Carnosine appears to be an antioxidant but may not be well absorbed orally.</i>
Mega Benfotiamine 250 mg nerve regeneration (2@ breakfast, 2@ dinner)	<i>Benfotiamine is a relative of the vitamin Thiamine (B1) that appears to have a therapeutic role in pain reduction and diabetic complications (neuropathies and nephropathies)</i>
learn to accept yourself for who you are	
diet (example in above letter)	
D3	
<b>ALS - Bernardo Coelho - 5+ year survivor</b>	<i>Bernardo was diagnosed in 2010. Said progression was stopped with treatment below. <a href="https://alsnewstoday.com/2016/01/19/als-5-rules-i-learned-to-be-true/">https://alsnewstoday.com/2016/01/19/als-5-rules-i-learned-to-be-true/</a></i>
Paleo diet very important - no sugar, dairy or grain	<i>high good fat intake is very important in ALS</i>
Supplementation tailored for me – about 14 different supplements daily	<i>emailed father and no response</i>
4 hours of exercise daily – for elasticity to the muscles not atrophied; weight training to gain muscle mass, exercise bike and swimming to improve in cardiovascular terms.	<i>this contradicts what neurologists and other protocols say</i>
Faith and Family-friendly loving environment	<i>always good!</i>

<b>ALS - Dr Craig</b>	<i>Dr Craig is a 20+ year survivor of ALS and had worsened to the point having to go into hospice several years ago. However, through lifestyle and supplement changes, he now lives at home and has gained back bulk in muscle and muscle strength.</i>
Phosphatidyl Choline	
Vitamin D/k2	
VSL#3 - VSL#3® is a high potency probiotic blend consisting of live, freeze-dried lactic acid bacteria and bifidobacteria.	<i>this particular protbiotic is prescribed by doctors</i>
Acetyl L Carnitine	
HCL Gentian Root Extract – betaine Hcl, pepsin, gentian root extract	<i>for digestion</i>
Super Enzymes – betaine Hcl, ox bile, papaya, amylase, protease, lipase, bromelain, papain, cellulose, pepsin	
Lauricidan - Lauricidin® is the only monolaurin that has been clinically tested . monolaurin from coconut	<i>antiviral/ bacterial</i>
Xymogen ActivNutrients	
Ubiquinol PQQ – coq10 + pqq (pqq too expensive)	
Magnesium Citrate	
Liposomal Glutathione – glutathione and phosphatidylcholine	
Collagen protein powder	
Mitosynergy - mito up	
<b>ALS - ALS Michael</b>	<i>Michael was diagnosed in Dec 2014. He has researched and trialed several protocols including stem cell therapy from Steenblock. His hands are somewhat weak; he has mobility with a walker/ cane.</i>
restricting gluten and other allergens	
First/primary 6 items of Deanna Protocol	
Mega multi vitamins	
DIM Ostarine	
LDN	
Prebiotics	
probiotics	
digestive enzymes	
B-12 injections	
High dose vitamin E	
High dose vitamin D	
Ashwaganda	
PQQ	
Psterostilbene	
high dose Ubiquinol	
Dessicated Liver	
Tudca	
raw adrenal	
DHEA	
Glutathione inhaled nasally	
Does not use: NT Factor Energy Lipids, Uridine, Lutimax. I have some doubts about Lutimax, as the benefits came slow and a lot less than the YouTube vid that showed drastic improvement.	
<b>ALS - Deborah - CALS</b>	<i>Deborah is the founder of Whole Body Healing in Facebook. She has been relentlessly researching ALS for several months and is very active in the community.</i>
Dr Amen Brain and Body Power Max	<i>It is expensive but is a very well rounded supplement.</i>
Red light therapy (aimed at the glands eg. thyroid, eyes)	
Dr. Amen Gaba Calming Support	
Dr. Amen Serotonin Mood Support	
Zinc	
Magnesium	
<b>ALS - Rachel</b>	<i>Rachel is the founder of ALS Naturally in Facebook. She extenively researches supplements and regularly gets feedback from PALS.</i>
TMG	
DMG	
NtFactor Energy Lipids by allergy research group	<i>phospholipid supplement</i>
atp fuel by researched nutritionals	

<b>ALS - Simone's dad</b>	<i>Simone's dad was diagnosed in Jan 2015. He lost significant mobility and relied on a respirator. Said through the use of the protocol, he has increased breathing ability and gained back partial hand movement.</i>
diet specifically designed for him	
Coconut oil 3 tablespoons a day	
Vsl#3 twice a day	<i>probiotic recommended by doctors</i>
Symprove once before breakfast	
Multi vitamin spray better you	
Udos choice changing to a different one	
Trace minerals concern but changing to a different one	
Digestive enzymes 3 time a day before food	
Magnesium oil spray	
New: Liposomal glutathione	
New: Glutathione reduced	
New: Organic minerals	
New: Magnesium high potency	
New: Echiomega echium seed oil	
New: Vit b2	
New: riboflavin	
New: phosphate	
New: Nadh	
New: nicotinamide	
New: Vit b12 hydroxocobalamin	
New: Flaxseed oil	
New: CoQ10	
<b>ALS - Ladislav</b>	<i>Ladislav is 41 old too and had his first symptom in 2015. He has use of his arms and legs. Said protocol halted progression. Wished to have only the link for his protocol included.</i>
<a href="http://bit.ly/2mP3R1">http://bit.ly/2mP3R1</a>	
<b>ALS - Barbara</b>	<i>Barbara has ALS and has contributed her stable state to the protocol.</i>
<a href="http://www.als.net/forum/yaf_posts418007_quality-control-of-mitochondria-in-neurons.aspx">http://www.als.net/forum/yaf_posts418007_quality-control-of-mitochondria-in-neurons.aspx</a>	
<a href="https://www.facebook.com/groups/1658852521047888/permalink/1825482627718209/">https://www.facebook.com/groups/1658852521047888/permalink/1825482627718209/</a>	
	<i>The reasoning is there is an overactive enzyme called PARP-1 which leads to rapid depletion of NAD. NAD depletion causes mitochondrial dysfunction and cell death. High dose B3 boosts NAD synthesis, thereby prevention neuronal cell death.<a href="http://www.sciencedirect.com/science/article/pii/S1084952116303950">http://www.sciencedirect.com/science/article/pii/S1084952116303950</a></i>
250 mg Niagen on an empty stomach	
500 mg capsule of nicotinamide 2x per day.	
500 mg "sustained release" nicotinic acid 2x per day WITH FOOD.	

<b>ALS - Dave Johnson Proletariat Protocol</b>	Dave developed the protocol based on the ALSdi forum with critique from others.
<a href="http://www.als.net/forum/yaf_postst53414_proletariat-protocol-dave-j-version.aspx">http://www.als.net/forum/yaf_postst53414_proletariat-protocol-dave-j-version.aspx</a>	
Exercise as you are able, but do not exercise to the point of extreme fatigue.	
Get plenty of sleep.	
Don't supplement with copper, and avoid foods high in copper such as shellfish. Don't use copper or brass cookware.	
Don't supplement with iron, unless prescribed by a medical doctor for treatment of anemia.	
Don't go berserk piling on antioxidant supplements, choose antioxidants carefully.	
Don't drink aspartame sweetened soft drinks.	
Don't eat foods that are high in free glutamate flavor enhancers such as MSG, soy sauce, hydrolyzed vegetable protein, yeast extract, or aged cheeses such as Parmesan.	
Avoid aluminum compounds.	
If you are taking statin drugs, either stop or begin supplementing with plenty of CoQ10.	
If you're taking phytosterol nutritional supplements (esp. saw palmetto), stop taking them.	
Whatever you do or don't do, first read up on it sufficiently that you at least know what it is and have some idea how it works.	
Dextromethorphan (DM)	
Zinc 50 mg/day as chelate (for example picolinate). Do NOT supplement with copper.	
Magnolia extract, for bulbar and UMN symptoms	
5-HTP	
Vitamin D3	
Magnesium taurate	
Curcumin (turmeric extract)	
Glutathione support: NAC, selenium chelate, and milk thistle extract. N-acetyl-cysteine, 1.2 grams per day. Selenium, 100 micrograms/day	
Mitochondrial support: acetyl-L-carnitine (800 to 1200 mg/day) plus alpha lipoic acid (500 to 1,000 mg/day)	
Water-pack sardines, several ounces a day	
Suppose you can't do the sardines? In my opinion, when it comes to CoQ10, 100 mg/day of an advanced form (for example ubiquinol in oil) is probably enough	
Citicoline (also called CDP choline), 400 to 1,000 mg/day	
Vitamin E complex (natural mixed tocopherols and tocotrienols)	
B-complex	
Trimethylglycine (TMG, Betaine)	
3nB (celery seed extract)	
ibuprofen anti-inflammatory, anti-gliosis, disinhibits neuron repair	
Peony root	
Resveratrol + nicotinamide	
Possibly add: Gastrodin, Ethyl alcohol (the beverage kind), Baicalin (Baical Skullcap extract), Idenone, Creatine, Forskolin, Methylcobalamin B12, Vinpocetine, Magnesium L-threonate, Sex hormone boosters and modulators, Green tea extract, Pomegranate extract, Fisetin, Lecithin, Lion's Mane Mushroom, Berberine, Butyrates, Gardenia extract, Apigenin, Luteolin, Vitamin B-1 thiamine, benfotiamine,	
Rejected by protocol: inosine, Cannabis and CBD, Ginseng, Ginkgo biloba, Methylene Blue	

<b>ALS - Ziese on fb - long term als warrior</b>	<i>Ziese is the founder of the facebook group - Pills For PALS. He is a long time warrior and has found the protocol below to be helpful.</i>
B Vitamin Complex	
Vitamin C, citrus bioflavonoids, hesperidin, quercetin	
Vitamin D	
Vitamin E (tocopherols and tocotrienols)	
Multivitamin	
Boron, copper, lithium, magnesium, potassium, selenium, zinc	
AAKG (Arginine $\alpha$ -Ketoglutarate)	
Agmatine	
N-Acetyl Cysteine	
L-Acetyl Carnitine	
L-Citrulline Malate	
GABA ( $\gamma$ -amino butyric acid)	
Glycine	
GPLC (glycine propionyl l-carnitine HCl)	
Taurine	
L-Theanine	
Trimethylglycine	
d-Ribose	
Trehalose	
Sulfur Compounds - L-Glutathione, $\alpha$ -Lipoic Acid	
Ashwagandha (winter cherry)	
Astragalus	
Bacopa Monnieri	
Celery Seed extract	
Cistanche deserticola extract	
Curcuma longa root extract (curcumin)	
Ginko biloba	
Ginseng extract	
Gotu kola	
Horse Chestnut (Aesculus hippocastabun) seed extract	
Maral (Rhaponticom carthamoides) extract	
Mucuna pruriens extract (l-dopa thing)	
Pine Pollen (Pinus massoniana)	
Pycnogenol (Pinus pinaster extract)	
Rosavin (Rhodiola rosea) extract	
Rosemary extract	
Valerian Root	
Vinpocetine (Vinca minor, Periwinkle extract)	
Yellow Sweet Clover (Melilotus officinalis) flowering tops	
NAD ( $\beta$ -nicotinamide adenine dinucleotide)	
NADH (reduced $\beta$ -nicotinamide adenine dinucleotide)	
Ubiquinol (reduced Coenzyme Q-10/ubiquinone)	
$\alpha$ -GPC ( $\alpha$ -Glycerophosphocholine)	
Black Ant (Mountain Ant) (Polyrachis vinca Roger) extract	
Cannabidiol	
Chlorella	
Green Lipped Mussel	
Moomiyo extract	
Probiotics	
Quercetin	
Resveratrol	
Royal Jelly, Propolis, Pollen	
SAMe (S-Adenosyl methionine)	
Shilajit (asphaltium) extract	
Spirulina	
Velvet Antler	
FUNGI - Agaricus blazei extract, Chaga (Inonotus obliquus) extract, Cordyceps sinensis extract, Coriolus versicolor extract, Lion's Mane (Hericium erinaceus) extract, Maitake (Grifola frondosa) extract, Reishi (Ganoderma lucidum) extract, Shiitake (Lentinula edodes) extract	
ANTI-OXIDANTS - Astaxanthin, Inosine, PQQ (Pyrroloquinoline quinone)	

<b>MS -Terry Wahls</b>	<i>Terry Wahls was diagnosed with MS and progressed to a wheelchair. Through her protocol, she said she has made a complete recovery. <a href="http://terrywahls.com/">http://terrywahls.com/</a></i>
sulphur (msm)	
omega 3	
b vitamins	
coq10	
intracellular antioxidants – glutathione, lipoic acid, carnitine, resveratrol	
creatine phosphate for facilitation of ATP	
theanine (green tea)	
NAC best for intracellular glutathione	
turmeric	
selenium	
vitamin D	
taurine helps produce GABA	
magnesium	
milk thistle	
clay tablets	
TENS	
<b>Mycoplasma - Dr Garth Nicolson</b>	<i>During the outbreak of the Gulf War syndrome, he was the leading authority on the study of the cause, treatment and prevention of the disease.</i>
NT factor lipids	
growth factor	
DMSA	
colostrum	
vit C	
ATP Fuel	
mannose	
Mycoplasma Transfer Factor	
If tests confirm mycoplasma infections, Dr. Nicolson suggests long-term antibiotic treatment with drugs such as doxycycline, cyprofloxacin, azithromycin, or clarithromycin. By long-term he means a continuous 6-month course of antibiotics followed by multiple 6-week cycles.	
hyperbaric oxygen, ozone therapy or even oxygen-releasing products	
controlled diet, two-thirds of which is composed of vegetables, one-sixth starch and one-sixth protein	
B complex (in forms such as sublingual)	
vit C	
vit E	
coq10	
amino acids	
minerals such as zinc, magnesium, calcium	
fish oil	
flaxseed oil	
mixtures of friendly bacteria including lactobacillus acidophilus	
whey	
lemon/ olive drinks	
olive leaf extract	
fresh garlic	
oregano oil	
mushroom extracts	
<b>Lyme - Buhner - herbalist</b>	<i><a href="http://buhnerhealinglyme.com/">http://buhnerhealinglyme.com/</a></i>
Japanese Knotweed capsules (Source Naturals Resveratrol with 500mg Polygonum cuspidatum per tablet) - 150 lb adult: 1-4 tablets 3-4x daily	
Cat's Claw capsule (Raintree brand) - 150 lb adult: 1-4 tablets 3-4x daily	
Eleutherococcus tincture (Siberian ginseng) - 150 lb adult: 1/2 to 1 teaspoon upon rising and at lunch	
Astragalus capsule for new tick bites - not to be used in chronic lyme - 150 lb adult: 1,000 mg daily	

