

# CHRONIC FATIGUE CONDITION PROTOCOL

## Supplementation Regimen:

- Optimal Half-Day Organ Cleanse Kit, 1 Time Cleanse
- OptiPak, one month

Continue with the Opti-Pak OR  
order a custom pak consisting of:

- 2 Optimal Digest-A-Meal, Morning and Afternoon
- 1 Vitamin Mineral, Morning and Afternoon
- 1 Optimal B Awake, Morning and Afternoon
- 1 Optimal Longevi-D K2, Morning and Afternoon
- 1 Opti-GI, Morning and Afternoon



## Nutrition Regimen:

- Raw foods and raw juices, raw nuts and yogurt with a lot of live, active cultures and kefir are all beneficial for fatigue.
- Active cultures in yogurt are important in combating any infections that preceded the onset of the chronic fatigue syndrome. Improving the immune system function and replenishment of flora is a necessity.
- Fatty acid containing foods like deep water fish, salmon, avocados and young coconuts are important because they boost the immune cells to produce hydrogen peroxide, which eliminates toxins.

## Exercise Regimen:

- 3-5 exercise sessions every week for twelve weeks. Each session should involve 30 minutes of moderate to intense levels of aerobic exercise.

## Additional Recommendations:

- Anti-depressants and immunosuppressive drugs are commonly prescribed by allopathic physicians. Taking immune supporting herbs can help, but you must check with your prescribing physician to determine if there are any contraindications.