

ITC BASE PROTOCOL

I. Life Style Requirements

- A. Aerobic exercise, probably no more than 3 to 5 hours of aerobic exercise per week
- B. Focus on strength training and flexibility,
- C. Use yoga, pilates, tai chi, etc.
- D. Reduce stress, workload, and pursue emotional and spiritual wellness, use prayer and/or meditation. Laughter is the best medicine.
- E. Eat healthy foods- **Fresh organic fruits and vegetables.**
Antibiotic free, hormone free, chicken, fish and 100% grass fed red meats (have not been feed grains)
- F. Filter water to remove chlorine:
 - a) drinking water,
 - b) also baths and showers .
 - c) Drink 1 oz of water per 2 pounds of body weight (180 lbs.= 90 oz.), more if you exercise.
- G. Diet needs to be high in Essential Fatty Acids, especially Omega 3s.
- H. Diet needs to be low in foods with a high glycemic index (see “Glycemic Index of foods”)
- I. Diet needs to be high in fiber- 30 grams per day
- J. Avoid caffeine: coffee, teas, colas, etc.

III. Adrenal Support

- a. Vitamin C- Mineral Ascorbates, Timed Release is best source- take 1000 am and pm
 - b. Pantothenic Acid (Vit. B5)- 500mg am and pm
 - c. Vit. B6- (P5 Phosphate often better utilized)- 50mg am and pm
 - d. Corti Response- Take 1 tablet am and pm daily for hyper adrenals
 - e. ADR- take 1 am & pm or Rhodiola Rosea- 100mg am and pm
 - f. Seriphos- Take 1 capsule at 9 pm or take 1 capsule at 4 pm & at 9 pm.
- G. Hydrocortisone- Use Cortaid 1% cream- apply ½ a pea sized amount to thin skin
once or twice a day or Rx for Cortisol SR capsules
- H. Avoid caffeine: coffee, teas, colas, etc.
- I. Avoid Hydrogenated fats, chocolate, simple carbohydrates and allergic foods
- J. Get adequate rest and sleep
- K. Gentle exercise id adrenals are fatigued
- L. Meditation or other relaxation therapies, Laughter
- M. Proper diet (adequate protein)
- N. Salt to taste with unrefined sea or Himalayan salt, if adrenals are fatigued
- O. Eat lots of vegetables, as raw as possible

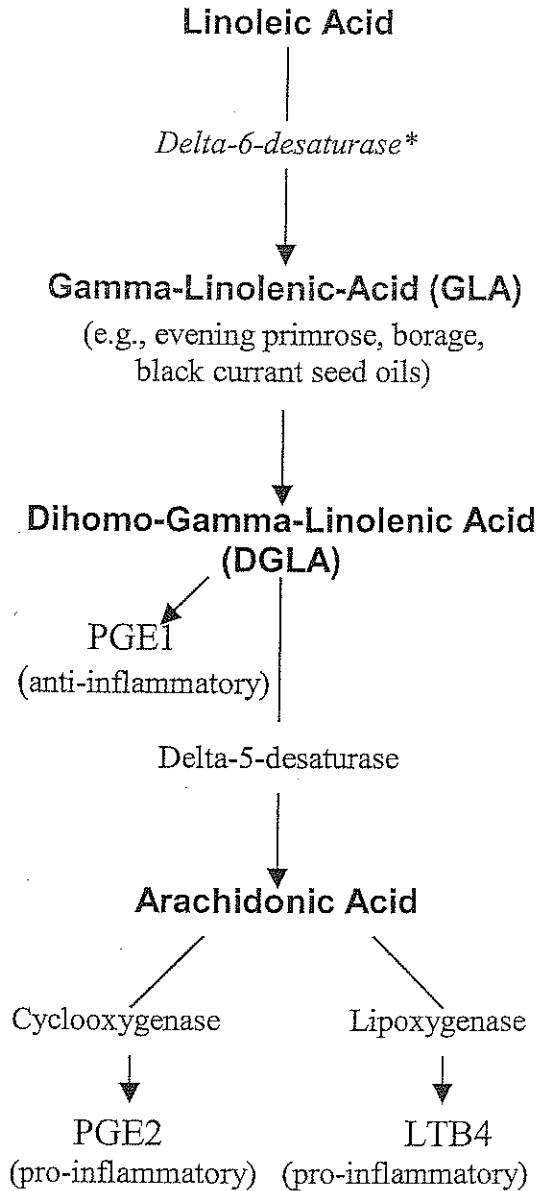
This program will allow the adrenal glands to repair and will take several months to years of judicious application on your part. Full adrenal gland recovery is the rule: although, long standing stress may cause irreversible scarring and the need for lifetime support. Once repaired, it is essential for you modify your lifestyle to reduce stress. If stress is not reduced, you will, within a few months, experience the same symptoms.

Glycemic Index of Foods

	Very High	High	Medium	Low	Very Low
Fruits & Vegetables		Banana	Cantaloupe	Apple	
		Beets	Grapes	Apricot	
		Fruit Juice	Orange	Asparagus	
		Dried Fruits	Peach	Broccoli	
			Pineapple	Brussel Sprouts	
			Watermelon	Cauliflower	
				Celery	
				Cherries	
				Cucumber	
				Grapefruit	
Starches				Green Beens	
				Green Pepper	
				Lettuce	
				Mushrooms	
				Onions	
				Plums	
				Spinach	
				Strawberries	
				Tomatoe	
				Zucchini	
Protein - fish, fowl, beef		Sugar - refined	Oatmeal	Lentils	
		Cereal - Corn flakes	Pasta(Whole Grain)	Lima Bean	
		Cereal- Raisin Bran	Peas	Soy Bean	
		Rice Cakes	Pita Bread		
			Pinto Beans		
			Rye Bread		
			Yam		
			Rice		
			Tortilla		
Dairy		Granola			
				Dairy	Protein

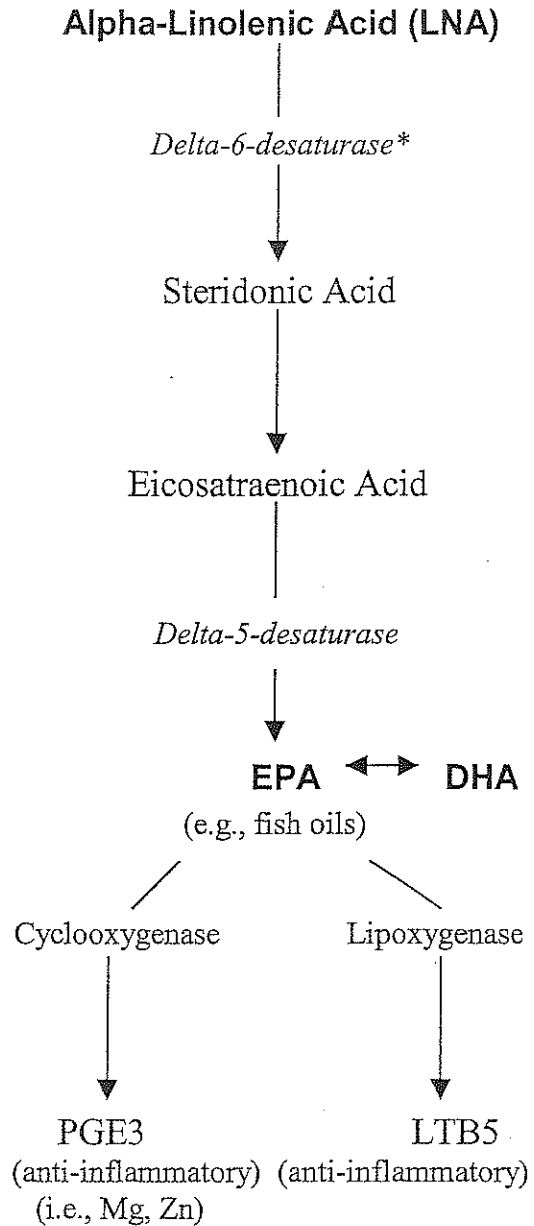
Omega-6 Fatty Acids

(e.g., corn, safflower, sunflower oils)



Omega-3 Fatty Acids

(e.g., Flaxseed oil, Fish Oils)



* Factors thought to impair delta-6-desaturase activity include Mg, Zn, and B₆ deficiency; aging; alcohol; *trans* fatty acids; and high cholesterol levels.