

Sunday 21st August 2005

Minimum Time	Drug	Cap	Volume	Notes	Actual
1					
	7:20 Accutane	20mg	4 tabs	Start 19th August for 14 days	:
	Vitamin E	400iu	1 tab		
	Adrenotone Plus		2 tabs		
	Berberine Sulfate	200mg	2 tabs	Exercise :	
	Boswellia	300mg	1 tab		
	Bromelain	750mg	1 tab	Exercise :	
	Celebrex	200mg	2 tabs		
	Chinese Herbs		1 scoop		:
	Diflucan	200mg	1 tab		
	Fish Oil	1000mg	2 tabs		
	Nutrient 950		1 tab		
	P5P	50mg	1 tab		
	Shark Liver Oil	1000mg	1 tab		
	Vitamin D	1000mg	1 tab	If calcium too high take all Vitamin D in one sitting	
10 Minutes					
	7:30 Breakfast				:
	Glutamine				:
	Missing Link				:
60 Minutes					
	7:30 2				
	9:00 Acetyl-L Carnitine	500mg	2 tabs		:
	Esberitox		3 tabs	Not when on CPT-11	
	Green Tea Extract	500mg	1 tab	Not when on CPT-11	
	Maitake D-fraction		20 drops		:
	Molybdum	600mcg	18 drops	Lower Serum Ceuroplasmin	:
	Tagamet	400mg	1 tab		
	Tamoxifen	20mg	5 tabs		
	Thymus Extract		4 sprays		:
	UltraReishi		4 tabs		
	Vascustatin		2 tabs	Increase to 3 if Copper > .6	
	Vitamin D	1000mg	1 tab		
60 Minutes					
	12:30 3				
	Adrenotone Plus		1 tab		:
	Berberine Sulfate	200mg	2 tabs		
	Boswellia	300mg	1 tab	Increased CRP, increase Boswellia	
	Bromelain	750mg	1 tab		
	Chinese Herbs		1 scoop		:
	Esberitox		3 tabs	Not when on CPT-11	
	Fish Oil	1000mg	2 tabs		
	Glutamine		20g		:
	Missing Link		20g		:
	Nutrient 950		1 tab		
	Shark Liver Oil	1000mg	1 tab		
	Vascustatin		2 tabs	Increase to 3 if copper > .6	
	Vitamin D	1000mg	1 tab		
	Lunch				:
	Take Blood Pressure				:
60 Minutes					
	13:30				
	Maitake D-fraction		20 drops		:
	Thymus Extract		4 sprays		:
60 Minutes					
	17:30 4				
	17:30 Accutane	20mg	4 tabs	Start 19th August for 14 days	:
	Vitamin E	400iu	1 tab		
	Berberine Sulfate	200mg	2 tabs		
	Boswellia	300mg	1 tab		
	Bromelain	750mg	1 tab		
	Celebrex	200mg	2 tabs		
	Chinese Herbs		1 scoop		:
	Diflucan	200mg	1 tab		
	Fish Oil	1000mg	2 tabs		
	Nutrient 950		1 tab		
	Shark Liver Oil	1000mg	1 tab		
	Vitamin D	1000mg	1 tab		
	Dinner				:
60 Minutes					
	19:00 5				
	19:00 Acetyl-L Carnitine	20mg	2 tabs		:
	Esberitox		3 tabs	Not when on CPT-11	
	Tamoxifen	20mg	5 tabs		
	Tagamet	400mg	1 tab		
	UltraReishi		4 tabs		
	Vascustatin		2 tabs	Increase to 3 if copper > .6	
60 Minutes					
	20:00 6				
	20:00 Melatonin	20mg	1 tab		:
	Thalidomide	50mg	3 tabs		
	Take Glucose Reading				:
					if on CPT-11 or Dex