



Wondrous Roots, Inc.

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“...and if the root be holy, so are the branches...”

A PROPOSED SUPPLEMENTAL PROTOCOL FOR PCOS

COMMENTS:

This protocol is perfectly safe if you become pregnant – see special notes in the VITAMIN D section. Progesterone can be continued daily once you become pregnant as a special guard against early miscarriage due to low progesterone until the 14th week, when the placenta will start cranking out 400 mg daily! Natural progesterone – in stark contrast to synthetic progesterone (Provera and other progestins, which can cause birth defects, is excellent for the health of the baby; the more, the better!) [Please feel free to contact me with questions for your particular situation.](#)

FIRST THING IN THE MORNING (7 hours or more since last food is best):

[INDIUMEASE 1 MG/DROP](#) – start with 1 drop for a week-10 days; place on the back of your tongue and swallow. Wait 15 minutes before eating or drinking anything. After initial 7-10 days – or over the course of that time – gradually increase to 1 drop/50 lb bodyweight. Take a week off every 3-6 months and then resume at desired drop level. DO NOT USE CREATINE SUPPLEMENTS WHEN USING INDIUM (indium naturally increases creatine – using supplements will be too much and toxic – I’m talking about bodybuilding creatine supplements). For more information on Indium and health, you may purchase an informative little book [HERE](#).

IN THE MORNING WITH OR WITHOUT FOOD:

[IODORAL 12.5 MG](#) – to avoid detox symptoms, start with 1 tablet every 4th day for a week, then 1 tablet every other day for a week, then 1 tablet daily.

[THORNE BASIC PRENATAL](#) – 3 capsules

[S-ACETYL-L-GLUTATHIONE 300 MG](#) – 1 capsule

[CARLSON SUPER OMEGA-3 GEMS](#) – 2 capsules

[SEEKING HEALTH OPTIMAL MAGNESIUM 150 MG](#) – 1 capsule

[VITAMIN D3/K2 5000 IU](#) – 1 tablet (if you become pregnant switch to 2 drops of [THIS](#) daily – or you can just start with this – each drop is 1000 IU (natural vitamin D3 is not too much for pregnancy at about 2000 IU daily, and if you became pregnant on 5000 IU daily, it is fine)

[SODIUM BUTYRATE](#) – 1 capsule

[SEEKING HEALTH ADENO B12 LOZENGE 3000 MCG](#) – 1 lozenge, dissolve under the tongue

IN THE EVENING/AFTER SUPPER/BEFORE BED:

[SEEKING HEALTH OPTIMAL MAGNESIUM 150 MG](#) – 1 capsule

[SODIUM BUTYRATE](#) – 1 capsule

[OVABOOST](#) – 4 capsules

[LITHIUM OROTATE 5 MG](#) – 1 capsule (and, yes, this is perfectly advantageous and safe for pregnancy!)

(Continue instructions on the next page)

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FOLLOW THESE DIRECTIONS FOR PROGESTERONE:

If you are not menstruating normally, pick any arbitrary day to be Day #1. On Day #12 or so, start using one dose of [EVE'S GENERATIONAL CREAM](#) or [BEZWECKEN PG OVALS](#) morning and night according to directions (do not rub the ovals on the skin; insert vaginally). On Day #28, if you have not started your period, stop using the progesterone. If you get your period, count the day you do as Day #1 and repeat the cycle each month. If you do not get your period, count Day #29 as Day #1 and repeat the cycle. This is called the **PROGESTERONE CHALLENGE** and will often bring on a period. Do not be discouraged if it takes a few cycles for this to happen, but sometimes it happens quickly.

HERBAL SUPPORT:

[WONDROUS ROOTS PCOS SUPPORT FORMULA](#) – add 40-60 drops to a bit of water and drink 4 times daily spread over the day.