

# MCC NUTRITIONAL & HERBAL PROTOCOLS

(Read the following Bullets before starting a Protocol)

1. The first two supplements, plus Catalyn, offer balanced nutritional support for the condition.
2. Adding a herbal synergist (*in italics*) will enhance the protocol in both acute and
3. chronic conditions. Daily dosage is in ( ) parenthesis and should be spread evenly throughout the day
4. Take all Calcium products on an empty stomach for best results.
5. The following list has been compiled from the doctors and nutritionist at Mink Chiropractic Center
6. from years of practical experience. Each case must be evaluated on an individual basis.
7. Catalyn, a whole food multi-vitamin, is recommended for everyone to provide essential rebuilding
8. nutrients.
9. **Be advised that these nutritional and herbal protocols are to provide nutritional and herbal support for normal body physiology and repair - they are not intended to 'cure' any particular illness.**
10. Always check for contraindications when taking an 'herbal' supplement.

**Acne** - Cataplex F (3), Thymex (3), Zinc Liver Chelate (3), Ezekiel Oil (topically), *Andrographis Complex (3)*

**Adrenal Exhaustion** - Drenamin (6) B100 (2), if severe begin with Adrenal Desicated (6), *Licorice HG (4ml)*

**Allergies** - Allerplex (6), Antronex (3), Fenu Plus (4) or Congaplex (9), *Andrographis Complex (3)*

**Alopecia (Hair Loss)** - MicroCal (3), Zinc Liver Chelate (3), Trace-Minerals B12 (3), *Withania Complex (3)*

**Alzheimers' Disease (Early Stage)** - Seriphos (3), Ginkgo Pur (4), *Vitanox (2)*

**Anemia (incl. Pernicious)** - Ferrofood (3), Folic Acid B12 (6), *Rhodiola & Ginseng(3)*

**Anxiety** - Min-Chex (6), B100 (3), Sero 5 (2 before bed)

**Arthritis** - GDU (4-6), MicroCal (4), Ostarplex (3) if Osteoarthritis, *Boswellia Complex (3)*

**Asthma** - Drenamin (6), Antronex (6), Congaplex (6) or FenuPlus (6), *Andrographis Complex (3)*

**Asthma in Children** - Drenamin (3), Congaplex (4), *Andrographis Complex (2)*- all can be ground and put in applesauce.

**Attention Deficit (Hyperactivity) Disorder** - Mighty Mins, Cataplex G (6) - can be ground and put in apple sauce.

**Autism** - Neuroplex (3), Parotid (3), Tuna Omega 3 Chewable (2)

**Back Pain** - GDU (6), MicroCal (4), Tuna Omega3 (4), Ligaplex II (6), *Curamin (3)*

**Bacteria Infections** - Probiotic (3) or A&B Biotrophins, Immuplex (6), Echina Plus (4-6), *Andrographis Complex (4)*

**Bell's Palsy** - B100 (2), Neuroplex (3), Valerian Root (1-3), *7 Herb Formula (1-4oz)*

**Bladder Infection** - Cranberry Concentrate (4), Probiotic (3) or A&B Biotrophins, *Andrographis Complex* (6)

**Bloating, Gas** - AF Betafood (6), Zymex (6), Probiotic (3) or A&B Biotrophins (as directed)

**Bronchitis** - Probiotic (3) or A&B Biotrophins, Congaplex (9), Cataplex F (3), Echina Plus (3), *Andrographis Complex* (6)

**Cancer** - 7 Herb (1oz), BioShark 6) if tumors are present, Organ Specific PMG when available

**Candida (Yeast Infection)** - Zymex (9), Spanish Black Radish (3), Garlic Pur (6)

**Cardiac Pack** - Hawthorn Berry Plus C (6), CoQ10 50ml (2), Carniplex (6) if Arrhythmia is present

**Cartilage Injury** - MicroCal (4), Ligaplex I (9), Cataplex D (3), *Boswellia Complex* (3)

**Cataracts** - Cruciferous Complete (6), Bilberry Complex (6), Bio C 1000 (3)

**Celiac's Disease** - Pituitrophin (6), Cholacol II (4), Dermatrophin PMG (3), Cataplex F Perles (1)

**Chicken Pox (Children)** - Immuplex (3), Congaplex (6) - can be ground and put in applesauce

**Child (General)** - Catalyn Chewable (3), Tuna Omega 3 Chewable (2)

**Chronic Obstructive Pulmonary Disorder (COPD)** - Drenamin (4), Congaplex (6), Health Blast (4-6)

**Cold Extremities** - Ruscus (3), Tuna Omega 3 (4), B100 (1), *Ginkgo Pur* (3)

**Cold & Flu** - Probiotic (3) or A&B Biotrophins, Echina Plus (6-12), Bio C 1000 (3), Immuplex (3)

**Cold & Flu (Children)** - A&B Biotrophins, Congaplex Chew (3), Well Child (as directed), Colostrum (as directed)

**Cold Sores** - Congaplex (9), MicroCal (3), Ezekiel Oil (topically)

**Colon Polyps** - Gastro Fiber (9), Livaplex (6), Dermatrophin PMG (3)

**Congestive Heart Failure** - Cardio-Plus (6), MicroCal (4), Hawthorn Berry Plus C (4)

**Constipation** - Colax (1 at bedtime) immediate relief, Calm (as directed) or Magnesium Lactate (1-3), Apple Pectin (3)

**Crohn's Disease** - Okra Pepsin (6) after one week add Chlorophyll Complex (9), Gastrex (6), *Boswellia Complex* (4)

**Cushing Syndrome** - Adrenal, Desicated (6), in 8 weeks switch to Drenamin (6), Immuplex (3), *Licorice HG* (4ml)

**Cystic Fibrosis** - Livaplex (6), Allerplex (6), Antronex (6), *7 Herb Formula* (1 oz)

**Dandruff** - Livaplex (6), Thymex (3), Cataplex E (3), Ezekiel Oil (Scalp Cleanser)

**Dementia** - Tuna Omega3 (4), Seriphos (3), Ginkgo Pur (6)

**Depression** - Min-Chex (6), Symplex ForM (6), Sero 5 (6), 5-HTP (2 at bedtime to sleep)

**Dermatitis** - Thymex (3), Dermatrophin (3), Zypan (6), 2.5pH Kangen Acid Water (topically)

**Detox** - Sp Cleanse (21) w/ Gastro Fiber (9), second week add Sp Green Food (5), AF Betafood (6)

**Diabetes - Type 1** - 7 Herb (4oz), SHFB (3), Van 50 (1 w/ meals and before bed)

**Diabetes - Type 2** - Van 50 (1 w/ meals and before bed, SHFB (6), Paraplex (3), *Gymnema* (2)

**Digestive Support** - AF Betafood (6), Probiotic (3) or A&B Biotrophins (as directed), Enzycore (3)

**Diuretic** - Dandelion (4-6), B100 (1), Cataplex D (3)

**Diverticulitis** - Okra Pepsin (6), Zymex (6), Probiotic (3), *Andrographis Complex* (3)

**Earache** - Thymex (3), Congaplex (12), Antronex (9), Genesis Oil (as directed)

**Earache in Children** - Congaplex Chewable (9) mix w/ applesauce if needed 3/servings, (if nursing treat mother)

**Ear Drum, Punctured** - Congaplex (9), Cataplex D (6)

**Eczema** - Livaplex (6), Cataplex E (6), Dermatophin (3)

**Edema** - Dandelion (4-6), Hawthorn Berry (6-8), Drenamin (9)

**Endometriosis** - Utrophin PMG (3), Tuna Omega3 (4), Spleen PMG (6), *Vitanox* (3)

**Epstein-Barr Virus** - Immuplex (9), Livaplex (9), *7 Herb Formula* (1oz)

**Fatigue** - Drenamin (9) or Adren a plex (1-2), B100 (1), *Rhodiola & Ginseng* (3)

**Fertility, Female** - Wheat Germ Oil (6), Ovex (4), *Chaste Tree* (1)

**Fertility, Male** - Wheat Germ Oil (4), Orchest (4), Symplex M (6), *Tribulus* (3)

**Fever Blisters** - Congaplex (9), MicroCal (3), Catapex F (6), Ezekiel Oil (Topical)

**Fevers (Children)** - Congaplex Chewable (2 every hour, up to 12/day), add to apple sauce or fruit smoothie if needed

**Fibromyalgia** - Adrenal Desicated (3), Enzycore (3), Tuna Omega3 (4), 5-HTP (1) for a sleep aid

**Flatulence** - Zymex (6), AF Betafood (9), Probiotic (3)

**Fungus in General** - Zymex (12), Echina Plus (3), Garlic Pur (2), Probiotic (3)

**Gallbladder Support** - Cholacol (6), AF Betafood (6), Betaine HCL (3) or Enzycore (3)

**Gallbladder Removal (Post)** - Cholacol (3-6) depending on fat consumption, AF Betafood (3), Enzycore (3)

**General Health** - Catalyn (3), Tuna Omega 3 (2-4), or General Health Pack (2)

**Glaucoma** - Tuna Omega3 (4), Cruciferous Complete (3), Bilberry Complex (3)

**Gout** - Cherry Fruit Extract (6), Dandelion (4-6), Kangen Water

**Guillain-Barre Syndrome** - Immuplex (6), Myo-Plus (3), *7 Herb Formula* (1oz)

**Hair, Excessive loss** - AF Betafood (9), Trace-Minerals B12 (6), Thytrophin (3), Valerian Root (3)

**Halitosis (Bad Breath)** - Zymex (6), Chlorophyll Perles (2), Drenamin (6)

**Headaches** - GDU (6), Antronex (6), Phosfood (60 drops), Ginkgo Pur (6)

**Headaches (Menstrual)** - Ovex (6-9), Phosfood (60 drops), *Chaste Tree* (2)

**Headaches (Migraine)** - Phosfood (60 drops), Magnesium Lactate (3), Calcium Lactate (6), *Boswellia Complex* (3)

**Headaches (Sinus)** - Congaplex (9), Antronex (3),

**Heavy Metal Burden** - Zinc Liver Chelate (4), Spanish Black Radish (6), Cholacol II (6), *Garlic Pur* (3)

**Hepatitis** - Immuplex (6), Livaplex (6), B100 (1), *7 Herb Formula* (1oz)

**Hernia, General** - Glucosamine Synergy (6), Cataplex E (3), Ligaplex I (6), *Vitanox* (2)

**High Cholesterol** - SHFB (6), Cholaplex (3), *Garlic Pur* (2)

**Hives** - Antronex (9), Calcium Lactate (3), Drenamin (6), *Echina Plus* (3)

**Hives (Children)** - Give 1/2 adult dose, crush tablets and put in applesauce

**Hodgkin's Disease** - Thymex (6), Spleen PMG (3), *7 Herb* (1oz)

**Hot Disc** - Ligaplex I (6), MicroCal (4), Tuna Omega3 (3), *Boswellia Complex* (3)

**Hot Flashes** - Prolamine Iodine (2), Cataplex E (2), Symplex F (6), *Wild Yam* (4)

**Hyperactivity (Children)** - Min-Tran (4), Cataplex G (4), Catalyn Chewable (4)

**Hypertension** - CoQ10 150ml (1), Hawthorn Berry Plus C (6), Cataplex D (3)

**Hyperthyroidism** - Thyrophin PMG (6), Prolamine Iodine (3), Cruciferous Complete (3), Cataplex E (3)

**Hypoglycemia** - B100 (1), Drenamin (6), Paraplex (6), *Gymnemia* (2)

**Hypothyroidism** - Thyrophin PMG (6), Thyroid Complex (3), Prolamine Iodine (1), *Ashwaganda Liquid* (3ml)

**Hysterectomy (Post)** - Paraplex (6), Hypothalmex (3), Ovex (3), *Wild Yam* (4)

**Immune Recovery** - Colostrum (as directed), Thymex (3), *7 Herb Formula* (1oz)

**Incontinence** - Ligaplex II (6), Renafood (3), B100 (1), *Astragalus* (7ml)

**Infant (General)** - 1st Kings (as directed), Colostrum (as directed), A&B Biotrophins (as directed) blend and strain together

**Inflammation** - GDU (6-9), Tuna Omega3 (4), MicroCal (4), *Boswellia Complex* (3)

**Insomnia** - Melatonin (1), Valerian Root (1), Sero 5 (2) individually or together at bedtime

**Irritable Bowel Syndrome (IBS)** - Okra Pepsin (3), Zymex (3), Probiotic (3) or A&B Biotrophins (as directed)

**Jaundice** - Livaplex (6), B100 (1), Min-Tran (6), *Silymarin* (3)

**Kidney Infection** - Probiotic (3) or A&B Biotrophins, Renafood (9), Phosfood (30 drops), *Echina Plus* (6)

**Kidney Stones** - Phosfood (40 drops), MicroCal (12), GDU (9) 30min before meals

**Lactation Difficult (no milk production)** - Mammary PMG (3), Cataplex D (3)

**Ligaments, Chronic Laxity** - Ligaplex II (9), MicroCal (4), *Vitanox* (2)

**Liver Detox** - SP Cleanse (21) w/ Gastro Fiber (9) or Livaplex (9) w/ LivCo (3)

**Lupus** - Dermatrophin (6), Immuplex (9), Livaplex (6), *Licorice HG* (4ml)

**Lyme's Disease** - Immuplex (6), Congaplex (6), Spleen, Desiccated (3), *7 Herb* (1oz)

**Macular Degeneration** - Cruciferous Complete (6), Zinc Liver Chelate (1), Bilberry (3)

**Memory Loss** - Ginkgo Pur (6), Tuna Omega3 (4), B100 (1), *Bacopa* (4ml)

**Menstrual (Difficulty)** - Ovex (6), Chaste Tree (1), MicroCal (3), *Cramplex* (6)

**Multiple Sclerosis** - Livaplex (9), Myo-plus (9), B100 (2), *Vitanox* (2)

**Muscle Cramping** - MicroCal (3), El-Carbs (1-2), Calm (at bedtime)

**Nerve Injury** - Neuroplex (6), Neurotrophin PMG (3), *St. John's Wort* (3)

**Night Sweats** - B100 (2), Min-Chex (6), *Rehmannia* (4ml)

**Parasites** - Zymex II (9), Multizyme (6) both on an empty stomach, Spanish Black Radish (3) for 8 weeks, *Wormwood* (4)

**Parkinson's Disease** - Myo-Plus (6), Prolamine Iodine (1), Ginkgo Pur (3), Valerian Root (3)

**Pink Eye** - Thymex (6), Immuplex (3), Golden Seal (3)

**Pneumonia** - Drenamin (9), Health Blast (6-9), *Andrographis Complex* (6)

**Pneumonia (Children)** - Well Child (as directed), Drenamin (2) mix w/ applesauce 3/day

**Poison Ivy or Oak** - Thymex (6) or Immuplex (4)

**Pregnancy (Before)** - Folic Acid B12 (2), MicroCal (4), Tuna Omega3 (4)

**Pregnancy (Throughout)** - Folic Acid B12 (2), Ferrofood (1), MicroCal (3), Tuna Omega 3(2)

**Pre-Menstrual Syndrome (PMS)** - Min-Chex (9), *Cramplex* (3-8), Dandelion (4-6), *St. John's Wort* (2-3)

**Prostate (General)** - TPC (2), GDU (4-6), Prostate PMG (3) if high PSA

**Prostate Cancer** - Prostate PMG (3), TPC (3), 7 Herb (3oz), Livaplex (9) or SP Cleanse Detox w/ no milk, meat or flax oil

**Psoriasis** - Livaplex (9), B100 (1), Cholacol (6), *7 Herb* (1-3oz)

**Restless Leg Syndrome** - El Carbs (1), MicroCal (4), Calm (as directed at night)

**Ruptured Disc** - Ligaplex I (9), MicroCal (4), Glucosamine Synergy (2)

**Schizophrenia** - Symplex F or M (6), Min-Chex (6), Valerian Root (3)

**Sciatica** - B100 (2), Organically Bound Minerals (3), Ginkgo Pur (3)

**Scleroderma** - Spleen PMG (6), Thymus PMG (6), Dermatrophin (9), *Rehmannia* (4ml)

**Scoliosis of Spine** - Ligaplex II (6), MicroCal (4), Glucosamine Synergy (2)

**Seizures** - Phosphatidyl Choline (6), B100 (2), Valerian Root (1-3)

**Shingles** - Immuplex (6), Echina Plus (9), MicroCal (4), Ezekial Oil (Topically)

**Shin Splints** - Ligaplex II (9), MicroCal (4), Glucosamine Synergy (3) for 6 to 12 weeks

**Sinusitis** - Probiotic (3) or A&B Biotrophins, Fenu Plus (6-12) or Fen-gre (9), Congaplex (9), *Andrographis Complex* (4)

**Sports Endurance** - Ligaplex II (6), B100 (1), El Carbs (1-2)

**Stroke (Recovery)** - Cataplex ACP (3), B100 (2), Ginkgo Pur (3)

**Surgery (Recovery)** - Chlorophyll Perles (6), Dermatrophin PMG (3) begin before, *Boswellia Complex* (4-6)

**Toothache** - Thymex (3), BioC 1000 (3), Ezekial Oil (topically)

**Triglycerides, High** - Cholacol (3), Cholaplex (9), Tuna Omega 3 (4), *Gymnema* (3)

**Twitching Eye Lids** - B100 (2), Neuroplex (3)

**Ulcers (Duodenal)** - Gastrex (6) 20min before meals, Okra-Pepsin (6), Chlorophyll Perles (6)

**Ulcers (Stomach)** - Gastrex (9) on an empty stomach, Okra-Pepsin (6), Chlorophyll Perles (6) on an empty stomach

**Varicose Veins** - Hawthorn Plus C (6), BioC 1000 (6), Vitamin E (3), *Vitanox* (2)

**Worms, Intestinal** - Zymex II (9), Garlic Pur (3), *Wormwood* (4)

**Yeast Infection** - Zymex (9), Spanish Black Radish (3), Garlic Pur (6)