

Cusack Protocol With Additional Information, Dosages and Information/Connective Tissue and EDS - D. Cusack

KRISTINA ALMQUIST · WEDNESDAY, APRIL 22, 2015 ·
EDS Protocol from Deborah Cusack

Welcome to our newest members! It's a pleasure meeting you and I am so happy you're here. Here is a quick rundown of the supplements our family has used for complete recovery of EDS. Please know this is not a cure but an everyday life-long supplementation until a cure for EDS is found. The molecules in these supplements open signaling pathways of connective tissue cells which increases production of connective tissue. If you stop or miss doses your symptoms will return, usually within 72 hrs. Dosing instructions: Everyone is different so some people will need higher doses while others may need less. Your body will tell you what dose is right for you. Reducing gluten from the diet enhances the effects of the supplements and speeds recovery. Note: The supplements in the protocol also target Austim spectrum/Autistic-like symptoms.

Suggestion: Starting with Probiotic (strain specific, see below) and PQQ prepares the GI tract for the introduction of other supplements. By taking each

supplement one to two weeks apart allows the body to acclimate. There is a "healing curve" with each supplement, plenty of rest and fluids helps.

POLYSACCHARIDE For Connective Tissue Collagen Effective product - "George's" 100% Distilled Aloe Liquid "OR" Effective product - "Host Defense" Maitake eliminates symptoms of hypermobile joints, restores vascular structural integrity, large veins, POTs, dysautonomia, heart valve dysfunction, MVPs, prolapses, high intracranial pressure, Chiari-like symptoms with headaches, neuro-nausea, swallowing difficulty and eliminates vagus nerve compression symptoms, dysautonomia, cranio-cervical instability, spinal instability, scoliosis, pulmonary hypertension, pelvic prolapses, bruising, scarring and wound healing, bone density. 1/2 ounce to 2 ounces once daily of George's Aloe or 1 capsule daily of Host Defense Maitake. (PharmAloe freeze dried capsules is another alternative brand that is effective)

D-RIBOSE For Myelin Peripheral Nervous System D-Ribose pure powder eliminates symptoms of Fibromyalgia, CFS, muscle pain and weakness and restores stamina, overactive peripheral nervous system, trigger point pain. 1/8 tsp to 1/2 tsp mixed in drink once daily in MORNING ONLY. Start with 325 mg and increase up to 500mg if needed, some may need more.

L-ARGININE For Endotheliums of all organ systems (Low dose L-Arginine)
restores vascular system lining and linings of organ systems for oxygen exchange, improves digestion, endothelial dysfunction, improves clarity, cognitive deficits and language deficits. 250 mg to 500 mg once daily.

PQQ (Pyrroloquinoline Quinone) For Epitheliums of all organ systems Improves digestion, reduces/eliminates gastroparesis, improves absorption of nutrients, increases strength of mucosal lining of GI tract, reduces some mast cell degranulation, improves cognitive function/clarity/memory and eliminates bladder dysfunction. 20 mg capsule once daily.

PROBIOTICS (CULTERELLE IS BEST) Mast Cells, MCAD, Immune System
Lactobacillus Rhamnosus also known as L-GG formerly known as L-Reuteri to improve immune system and eliminate Mast Cell histamine release and associated symptoms of abdominal pain, bloating, gas, candida, yeast, extreme fatigue, bone pain, headache, brain fog and anaphylaxis symptoms, eliminates allergies/food intolerances, autistic-like symptoms. 1 to 4 capsules daily depending on severity of mast cells. Also, Lifeway brand Kefir is an added benefit. Helpful Tip: for "SIBO" sufferers S Boulardi is the additional probiotic to attack the SIBO.

DE (FOOD GRADE) For Bone kills bad bacteria leaving the good to thrive, removes heavy metals, kills parasites, viruses, candida, yeasts and eliminates pain from degenerative arthritic-like joints and also heals tears in ligaments and tendons, 1/4 teaspoon mixed in drink or food to start then slowly work up to 1 to 2 tablespoons once daily at BEDTIME. Diatomaceous Earth.

LIONS MANE For Myelin Central Nervous System and Vagus Nerve reduces anxiety/stress, overactive central nervous system, OCD, ADHD, Tics, protects acetylcholine neurotransmitters by improving/restoring myelin of central nervous system and myelin of vagus nerve, improves mood, depression and improves clarity/cognitive thinking, Alzheimers. Effective product is "Host Defense" Lions Mane, 1 capsule daily.

GLUCOSAMINE CHONDROITIN For Dentin improves strength of teeth, reduces tooth fractures, increases dentin, 250mg to 500mg once daily. Sometimes the label on bottle will read Glucosamine Chondroitin 500mg/400mg. This is the one you want. (do not get one that has MSM, this causes joint pain for some)

Suggestion: Starting with one supplement at a time then wait a week or two before adding the next supplement allows the body to acclimate to each one. Getting plenty of rest and fluids helps.

Please know there may be some stiffness, achiness, flu-like feeling for a few days while the connective tissues begin to restore and die-off and toxins are released (healing curve). Please know this is not a bad side effect and is short-lived. It means it's working. So please be patient with lots of rest and liquids. Also, please know it's important not to go without supplements for more than 72hrs or symptoms will return. It would not be good to have a dysautonomic episode while driving. So please travel with an extra supply of supplements. My family is going on 6 years now and always keep an extra supply in the house in case we run out. Always make your doctors and specialists aware of the supplements you take so it's in your chart/record in case you go to hospital. Please feel free to read as many comments, articles and studies here to learn more about the science and ask as many questions you may have. Again, welcome! 😊