

Cusack Protocol – Connective Tissue Regeneration – Supplements Dosage Information Chart for Connective Tissue Insufficiency/EDS

The supplements in this protocol contain the precursor signaling molecules to regenerate connective tissues by stimulating the cells responsible for connective tissue production. My family started this protocol in 2009, please be aware this is not medical advice since I am not a doctor. I always inform our doctors and specialists what supplements we take for the best outcome in restoring my family's own connective tissues. Please know It is not only the collagen that is affected by EDS but also our linings and coverings of our organ systems which are affected by EDS as well; making them weak, thin and porous.

Important reminder: Please do not go without or miss doses of supplements because symptoms will return. This is not a cure but a life-long daily supplementation until a cure is found.

Suggestion: Starting with the lowest dosage possible introduce one supplement at a time giving a week or two between each supplement. A healing curve can occur with body aches, fatigue and stiff joints

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Supplement with Dosage: Polysaccharide

Polysaccharide: (only choose one) Aloe or Maitake (mushroom)

Effective Products:

Georges 100% Distilled Aloe Vera liquid, ½ oz to 2 oz daily.

Host Defense Maitake Capsules, 1 capsule daily (450mg).

PharmAloe, 1 capsule daily.

Targeted Regenerative Cell with Tissue type and Body System – for Polysaccharide Supplement

Fibroblast cells of connective tissue collagen, Ligaments, Tendons, Denticulate Ligaments, Structural Integrity of Veins, Arteries and Heart, Abdominal Aorta and Pulmonary Arteries

Secondary (Comorbid) Disease

Joint Hypermobility, Vascular Insufficiency, POTs, Heart Valve Insufficiency, Dysautonomia, MVPs/Mitral Valve Prolapse, Aortic Valve dysfunction, Pulmonary Vascular Insufficiency, Pulmonary Hypertension, Abdominal Aorta Insufficiency, Large Veins, Organ Prolapses, IH, Intracranial CSF Pressure, Pseudo Tumor Cerebri, Dural Insufficiency, Dural Leaks, Arnold Chiari, Cranial Nerve Compression, Downward Migration of Brain, Cranio-cervical Instability, Cranial Settling, Basillar Invagination, Spinal Instability, Scoliosis, Spinal Stenosis, Reversed Lordosis, Bulging Discs, Sciatica, Ulcers, Pelvic Organ Prolapse, Rectocele, Hemorrhoids, Structure of Eye, TMJ, Easy Bruising, Wound Healing, Poor Gums

Symptoms (symptoms treated by this supplement

Joint pain from hypermobile, subluxed joints or joint dislocations, headache, back of head/neck pain, neurological dysfunction/with or without headaches, nausea, raspy voice, dizziness, vertigo, swallowing difficulty, choking, visual disturbances, POTs, passing out, lightheadedness up standing, hearing loss, back pain, spine pain, hip pain, sciatica pain, brain fog, fatigue, slow to heal bruises and slow wound healing, bleeding gums, hemorrhoids

2

Supplement with Dosage: Probiotic (L.rhamnosus, or LGG)

Probiotic – L.Rhamnosus also known as L-GG or L-Reuteri

Effective Products (brands):

Culterelle, Custom Probiotics, Gerber Soothe, Klair Labs Factor 1, BioGaia, Lifeway brand Kefir drink

Targeted Regenerative Cell with Tissue type and Body System

Mast Cells, Immune system (Resident Mast Cells are in every tissue of our body including GI tract and blood brain barrier and neurovascular system)

Secondary (Comorbid) Disease

Mast Cell Disease, MCAD, MCAS, Compromised Immune System, Gastrointestinal Hyperpermeability, Malabsorption, Blood Brain Barrier Hyperpermeability, Anxiety, Sensory Integration Dysfunction, Urticaria Pigmentosa, Food Intolerances, Allergies, Anaphylaxis, Temperature Intolerances, Frequent Illnesses, Leaky Gut, Constipation, Diarrhea, Autism-like symptoms, Gastroparesis

Symptoms (symptoms treated by this supplement

Frequent illness, mast cell symptoms include gluten/food intolerances, allergies, extreme fatigue severe abdominal pain, gas, bloating, flushing, headache, diarrhea, bone/joint pain, rashes, itching, dizziness, difficulty breathing, anaphylaxis, coordination, anxiety/panic, confusion, cognitive decline, memory loss, language deficit, sensory issues

3

Supplement with Dosage: PQQ (Pyrroloquinoline Quinone)

PQQ (Pyrroloquinoline Quinone)

20 mg capsule once daily

Targeted Regenerative Cell with Tissue type and Body System

Epithelial Cells, Epithelium Mucosal lining of GI Tract, Epithelium of Bladder, Ocular Lens of Eye

Secondary (Comorbid) Disease

Gastrointestinal Hyperpermeability, Gastrointestinal Dysfunction, Gastroparesis, Malabsorption, Allergies, Language Deficits, Constipation, SIBO, Bladder Incontinence, Overactive Bladder, Mitochondrial Dysfunction, Eye Lens Insufficiency, Ocular Floaters

Symptoms (symptoms treated by this supplement

Gastroparesis, constipation, mast cell symptoms, fatigue, brain fog, language/cognitive deficits, bladder leaking/Incontinence, eye floaters

4

Supplement with Dosage: L-Arginine (low Dose)

250 mg to 500 mg once daily

Targeted Regenerative Cell with Tissue type and Body System

Endothelial Cells, Endothelium of Vascular System, Pulmonary System, Gastrointestinal system and Retina of Eye, Ear

Secondary (Comorbid) Disease

Endothelial Dysfunction of Vascular and Cardio Vascular System. Pulmonary Dysfunction, Mild Hypoxia, Retinal Dysfunction, Tinnitus, Low Energy, Language Deficits, Cognitive Deficits Autistic-like symptoms, Sensory Integration Dysfunction

Symptoms (symptoms treated by this supplement

Gastroparesis, fatigue, Low energy, brain fog, language/cognitive deficits, loss of color, not feeling oxygenated, ringing in ears, retinal dysfunction

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Supplement with Dosage: D-Ribose

D-Ribose Pure Powder

325 mg daily, in morning

Targeted Regenerative Cell with Tissue type and Body System

Schwann Cells, Myelin Sheath of Peripheral Nervous System

Secondary (Comorbid) Disease

Fibromyalgia, Chronic Fatigue, Muscle Weakness, Muscle and Joint Pain, Trigger Point Pain, Brain Fog, Overactive Nerves, Peripheral Nervous System, Myelin Hyperpermeability

Symptoms (symptoms treated by this supplement

Chronic fatigue, muscle/joint pain, trigger point pain, brain fog, low stamina, electric shocks or pin pricks feelings, difficulty with activity

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Supplement with Dosage: Lions Mane (mushroom)

Effective Product:

Host Defense, 1 capsule daily

Targeted Regenerative Cell with Tissue type and Body System

Oligodendrocytes, Myelin Sheath of Central Nervous System

Secondary (Comorbid) Disease

OCD, ADHD, ADD, Tic Disorder, Overactive Central Nervous System, Stress, Social Deficits

Symptoms (symptoms treated by this supplement

Stress, overthinking stressful events, OCD, easily distracted, cognitive decline, social shyness

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Supplement with Dosage: Diatomaceous Earth (DE)

Food Grade Diatomaceous Earth

¼ tsp to 2 tablespoons nightly

Targeted Regenerative Cell with Tissue type and Body System

Gastrointestinal System, Bone and Joints, Heavy Metals

Secondary (Comorbid) Disease

Arthritis, Degenerative Joint Disease, Spinal Stenosis, Torn Ligaments, Heavy Metals, Bad Bacteria, Yeasts, Candida, Viruses, Parasites, Constipation

Symptoms (symptoms treated by this supplement

Frequent illness, arthritis pain, degenerative joint pain, heavy metal toxicity with fatigue and headache, yeast, candida, bad bacteria, viruses, severe joint pain

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Supplement with Dosage: Glucosamine Chondroitin

500mg to 400mg daily

Targeted Regenerative Cell with Tissue type and Body System

Odontoblasts, Teeth Dentin

Secondary (Comorbid) Disease

Tooth Decay, Cavities, Tooth Fractures, Abscesses

Symptoms (symptoms treated by this supplement

Tooth pain, cavities, fractures, frequent root canals

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Supplement with Dosage: Astragalus Polysaccharide

500mg daily

Targeted Regenerative Cell with Tissue type and Body System

Muscle tissue

Secondary (Comorbid) Disease

Muscle wasting, secondary to EDS

Symptoms (symptoms treated by this supplement

Improves energy/stamina/mood, reduces anxiety/stress and has many health benefits in addition to eliminating muscle wasting

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Supplement with Dosage: Hyaluronic Acid

100mg daily

May take up to 90 days to take effect

Targeted Regenerative Cell with Tissue type and Body System

Eye tissues and vitreous humor

Secondary (Comorbid) Disease

Floater in vitreous humor of the eye, retinal pulling/pre-detachment light flashes

Symptoms (symptoms treated by this supplement

Improves energy/stamina/mood, reduces anxiety/stress and has many health benefits in addition to eliminating muscle wasting

Protocol Developed September 2009 by D. Cusack

Protocol Updated November 3, 2017