

The Guaifenesin Protocol

Made Easier

Get Ready!

- **Get Mapped**
- **Begin a Symptom Journal**
- **Get Your Blood Tested**
- **Review Your Meds with Your Doctor and Begin the Weaning Process**
 - **Side Effects**
 - **Cytochromes**
- **Begin (or Continue) Suggested Salicylate-Free Supplements:**
 - **Magnesium**
 - **Calcium**
 - **Vitamin B Complex**
 - **Multi-Vitamin**
 - **Probiotics**
- **Stop All Other Supplements**

Get Set!

- **Get Rid of Products Containing Salicylates**
- **Start the Hypoglycemic Diet**
- **Begin an Exercise Program**
 - **Walking (Endurance)**
 - **Weight Training (Strength)**
- **If You Have Insurance, Get A Prescription For Guaifenesin**
- **Order Your Guaifenesin**

GO!

- **Begin Taking 600 mg. Guaifenesin Morning & Night (With Food)**
- **Increase Daily Water Intake (1/2-1 gallon)**
- **Adjust Your Guai Dosage As Necessary (Based On Mapping)**
- **Update Your Symptom Journal Monthly**
- **Get Mapped Periodically**
- **Get Your Blood Re-tested Quarterly**

Track Your Progress!

- **Symptom Changes**
- **Weight Changes**
- **Strength & Endurance Changes**
- **Cholesterol Changes**
- **White Blood Cell Changes**
- **Thyroid Changes**
- **Medication Requirements**
- **Sleep Requirements**
- **Mapping Results**

“Medication” Suggestions:

- **Guaifenesin (FMS)**
- **Tylenol *Based* Analgesics (Pain)**
- **Benadryl (Sleep)**
- **Emu Oil (Vulvodynia)**
- **Probiotics (Irritable Bowel, Cholesterol & Fungus)**
- **Sunshine, Fresh Air, Exercise (Depression)**

Achieve All Your Goals

- **Have More Energy & Less Fatigue**
- **Reduce Pain > Eventually Become Pain Free**
- **Improve Diet/Lose Weight**
- **Eliminate Fungal Infections**
- **Get More Recuperative Sleep**
- **Lower Cholesterol**
- **Eliminate Depression**
- **Stop Taking Most Medications**

Remember:

“Slow and Steady Wins the Race!”