

The Guaifenesin Protocol For Beginners

(Taken from The International Guai-Support Group Website)

Guaifenesin is available over the counter thus the protocol can be followed without a doctor. You should of course consult with your Health Care Professional about anything you are concerned might not be a cycling symptom.

First, rule out any other conditions that might be the cause of your symptoms, or perhaps a coexisting condition, and if you prefer, locate a doctor who understands FMS.

It is recommended that you have a basic work-up by a doctor that includes a blood count to rule out anemia or infections that mimic FMS. In addition, it is a good idea to include a TSH (thyroid test). Check to see if you are hypoglycemic or carbohydrate intolerant. 2 or 3 weeks on a strict low-carb diet will be a good guide to whether you have HG or carbohydrate intolerance. Check for celiac disease also. Be sure to have the above all ruled out and treated. Consult with a health care professional when necessary and stay within a Guaifenesin support system.

The claim is that treatment with Guaifenesin reverses the entire process of fibromyalgia in a more intense cyclic progressive fashion at an average rate of about one year for every two months at the proper dosage. This is due to a rapid attack on multiple areas simultaneously. When taking long-acting guaifenesin, a classic cycle is begun with exacerbation of symptoms followed by good days, generally within a few months. Many have concluded however, that the higher one's dose, the longer it may be before one experiences better or good days.

Mapping is strongly recommended for everyone to ensure they are progressing, but most especially the left thigh should be checked before starting the protocol. The lumps in the left thigh should start to dissolve very quickly after achieving the correct dose and be fully cleared within a month to 6 weeks. It is a sure confirmation of your correct dose according to Dr. St. Amand.

Continued mapping of all your lumps will give a guarantee that you are not blocking with salicylates and can give an indication of when you are slowed down enough to consider raising your dose to achieve faster clearing. After recovery has been achieved, one should continue Guaifenesin at their therapeutic dose, i.e. the dose one's left thigh cleared at, the dose one first cycled at.

Without mapping at least the left thigh, it's considered impossible to give any guarantee whether a dose is too low or high, or if one is blocking. It is suggested you approach a physiotherapist, chiropractor, massage therapist, etc., as most physicians are not used to palpating the muscular lesions that we call the "lumps and bumps" of fibromyalgia.

Dr. St. Amand says that everyone should begin Guaifenesin at 300 mg. twice per day. He only has 3 patients who have ever purged at a lesser dose. Cycling can begin any time before the seventh day for low dose patients if this dose is sufficient and you aren't blocked by products with salicylates.

A high dose patient might get to 10 days before exacerbation and some high dosers might not even notice the exacerbation at all then but become aware of it in hindsight. Keeping an eye on the left thigh is very important.

The correct dose should make you feel **significantly but tolerably worse according to Dr St Amand** (Statistics show that 300 mg. twice daily suffices for 20 percent of patients.

Dr. St. Amand says that if no severe exacerbation of symptoms has begun within seven days, increase the dose to 600 mg twice per day and hold for one month. This dose suffices for 70 percent of people.

Wait one month each time before you raise your dose thereafter.

If you raise the dose of medication too fast you will likely end up in too much pain or with too much exacerbation of symptoms. Plus, you will never know what your proper dose is and put yourself through a more severe reversal than necessary. If the patient has not had a worse time of it at a month on the 1200 mg dosage, Dr St Amand would then raise her/him to 1800 mg. daily. By this point, 90 percent of people will have found their proper cycling dose. The higher dosages of 2400mg on up will only be needed by 10 percent of patients. For the higher dosages, when the amount of pills for a day equals an odd number, Dr. St. Amand suggests people take the extra pill in the morning, to

avoid splitting pills (just for convenience). He usually titrates dosage by 600mg, but if you prefer to raise by 300mg that is okay.

Roughly 10 percent of patients have no severe symptoms during reversal. On occasion, someone might feel no different but if mapped may have made remarkable progress. Some of these people have a very high pain threshold and don't see much happening despite great success.

Another minority of patients progress very slowly with practically no good days over a long period of time. Often this is the case for high dosers but in some cases it indicates the person is at too high or low a dose, or is blocking. It can also just be their particular pattern of reversal. Thus we see the necessity of mapping.

A very few people actually cycle into good days instead of bad and that's usually another indication that the correct dose has been reached. Always check that the left thigh is clearing or cleared however.

Apart from 6 patients who cycle on 4800mg per day, the highest dose Dr St Amand has had to use on his patients is 3600mg daily. A very few patients have cycled on 300mg daily.

Reversal cycles are generally intensified symptoms of whatever YOU have. For example, if your primary complaint is fatigue or nerves, this will get worse. If it is pain, this will get worse. You should just feel slightly worse. It's really that simple. In addition, because the guaifenesin makes one's symptoms more intense, certain things which were not apparent or bothersome before beginning the protocol, may become so.

If your progression is slowed at any time and you wish to raise the dose to speed things along you can, but if it's too much always come back to your lowest therapeutic dose (LTD) before attempting to raise it again.

Before beginning treatment it is imperative to make sure one is allowing no source of salicylates. At each level, too, it is recommended you take an INVENTORY of your PRODUCT usage to ensure you are not blocked by anything. Do not use any aspirin compounds. They block the effects of guaifenesin completely. "The greatest source of patient error lies in the use of aspirin-related compounds, salicylate or salicylic acid, which interfere with guaifenesin at the kidney level. Skin readily absorbs these compounds."¹ Many pain medications contain aspirin or have the word 'salicylate' or 'salicylic acid' as part of the contents. Don't use them. Paracetemaol, Tylenol, Advil, Darvon and some other anti-inflammatory drugs don't contain sal's (salicylates) and should be used in place of aspirin related products.

ALL plants manufacture salicylates, and many do so in large quantities. Herbal medications, cosmetics and skin creams or lotions containing herbs are also high in salicylates and must be avoided. Among others, these include aloe, camphor, castor oil, witch hazel, ginseng and plant-derived vitamins. You must read all ingredients contained in anything you apply to your skin. **These warnings do not apply to foods, including herbs and spices used in cooking even though some contain salicylates. Apparently, the amount is insufficient for blocking because of the action of the digestive tract and because the liver processes small amounts by a process called glycination. There are no restrictions on diet, unless you also have hypoglycemia.**

Assume you are very sensitive and be meticulous in conducting your search for salicylates in topicals, supplements and medications (medicinal products do not have to list 'inactive' ingredients), and be assiduous in eliminating them, because, especially in the early days of the treatment, it is almost impossible to tell physically whether or not one is blocking the guaifenesin. Further along in the treatment when you have begun to experience long periods of good days, blocking may be easier to detect. Actually the process is simple. Some people make it very complicated, perhaps because they want to bargain and not give up this or that. Those who are very sick consider it no big deal to give up aloe in lipstick or to use one sunblock instead of another. Once you get well, you never want to go back. When in doubt, don't. The reward is getting well.

¹One Disease, Two Names, by R. Paul St. Amand, M.D.