

Katchie Ananda

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CHRONIC PAIN & INFLAMMATION TENDENCY PROTOCOL

(Fibromyalgia, Chronic Fatigue, Arthritis, Auto-Immune, Chronic Pain, Athletes, etc.)

BASELINE:

LifeLong Vitality

- 1/2 dose first week, 3/4 dose 2nd week, then full dose (times may vary - check GI health)

Terrazyme

- x5 (upon waking, am meal, midday meal, pm meal, at bedtime)

Citrus in Water

- 2-3 drops in 32 oz, 3-5 times a day - drink plain water between

Deep Blue Polyphenol Complex

- 1-2 DBPC per day
- For intense pain: 2 DBPC every 2 hours plus 1 x DDR Prime

INTERNALLY:

2 x Frankincense
2 x Copaiba
2 x Siberian Fir
2 x Turmeric
2 x Pink Pepper
2 x Ginger

TOPICALLY (Use #1 or #2): PROTOCOL #1

In 10 ml bottle...

- 15 drops Frankincense
- 15 drops Copaiba
- 15 drops Siberian Fir
- 15 drops Turmeric
- 15 drops Pink Pepper
* Fill with Magnolia

Layer the above with...

- Deep Blue
- Aromatouch

PROTOCOL #2

In 10 ml bottle...

- 30 drops Aromatouch
- 20 drops Copaiba
- 15 drops Marjoram
- 2 drops Ginger
- * Fill with FCO

Alternate the above with layering the below oils with pure topical applications applied in this exact order:

- 30 drops Aromatouch
- 15 drops Lemongrass
- 10 drops Marjoram
- 2 drops Ginger

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