



Protocols for Tranquility and Joy

Take the driver's seat for YOUR health!

All symptoms and disease come from imbalances in 5 areas. To enjoy really vibrant health, people need to be in the driver's seat empowered with awareness, inspiration and effective tools, to turn on self-healing. You must have simple tools and protocols to optimize function in 5 areas: 1) mind (subconscious and conscious) 2) body oxygenation 3) hormones 4) nutrition and 5) detoxification.

MDPrescriptives was born in 2008 to provide supplements that facilitate regenerative healing in these 5 areas with the least capsules per protocol. Most importantly they are infused with the vibration of love. Our mission is to teach patients and Health Care Providers "Regenerative Protocols That Work!" These protocols have been developed and implemented in thousands of patients in the clinical setting.

With more than 15 years of experience, over tens of thousands of patients, and hundreds of doctors, we bring you evidence-based protocols, with the least steps and least capsules, that work to reverse over 80% of all conditions.

All of us here at the MdPrescriptives Team send you Love and Light

What Causes Anxiety and Depression?

Anxiety and Depression have taken a front seat in our society as a growing 25% of children in grade schools start to battle these conditions. Whether you have Anxiety or Depression or both, this is your body saying, “Hey! Something is Out of Balance.” For some, it is a perfect motivator to investigate what is out of balance and optimize it. So, I like to look at it as an opportunity to get healthy by identifying and correcting underlying causes, before they lead to other diseases. No medication can treat the cause.

Did you know that the gut lining and bacteria make most of our “happy” (serotonin, 5HTP) and “calming” (GABA) neurotransmitters? So anything that causes gut inflammation or changes the gut bacteria can predispose you to anxiety and/or depression. This includes: being bottle fed as an infant, being born by cesarean section, excess use of cell phones and computers (which affect gut bacteria), teeth infections, antibiotic use, inflammatory diets, inflammatory gut conditions (like Chron’s, IBS, constipation or Ulcerative Colitis) and GMO foods.

Common triggers include conscious and subconscious fears, too many commitments and a Chronic Stress Response (page 9). This response is associated with an incoherent Heart Rate Variability (HRV), that can also transmit directly to the gut creating inflammation. So, anxiety and depression can be caused by gut imbalances, and they can also cause gut imbalances, since over 70% of your nervous system lies within the gut.

Ultimately in our experience, the causes lie in imbalances in each area of the 5-point model system.

No matter the question...

nature is the answer.



Is Our Tranquility and Joy Protocol For You?

Do you have the feeling of being overwhelmed and anxious, even when things are relatively normal ?

If you're experiencing anxiety or depression, you can improve your anxiety and mood in 30 days by following Protocol Level 1.

The long-term aim/goal is to completely restore your tranquility, calmness and mood. Tranquility and Joy Protocol Level 1 have been effective in decreasing anxiety and depression in over 80% of people in 30 days.

Associated symptoms that may improve include:

- Energy
- Sleep
- Focus
- Well-Being
- Pain
- Gastric Symptoms

Level 2 Protocols are added if you do not have 100% resolution of your symptoms in 30 days.

Always discuss any protocols with your own health care practitioner as these protocols are not meant as diagnosis or treatment.

Let's Get Started!

Our Quick Fix Tranquility and Joy Protocol

To improve symptoms in 30 days

Make Time to Belly Breathe (page11) and do a Tranquility and Joy Affirmation:

“I am thankful for the increasing moments of peace in my heart!!”

“I am thankful for the increasing moments of joy in my heart!”

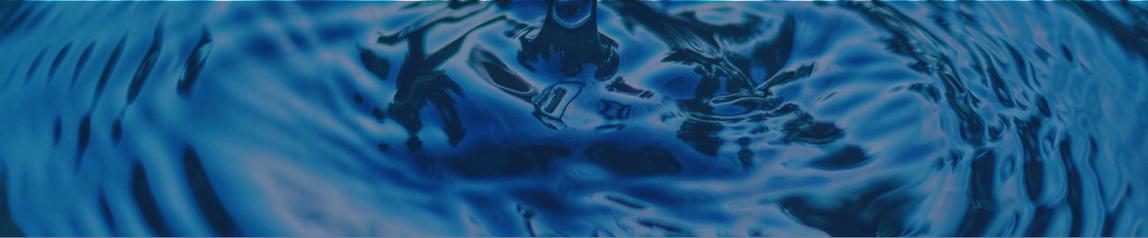
Start Tranquility and Joy Protocol Level 1

1. For 90 days, Simplify Life with the **My Priorities Exercise** (Page 8).
2. Practice **Quick Coherence Technique** 5 minutes in the AM and PM to “Transform Emotions” (Page 9)
3. **MD's* MagnesiumRx** 1-4 capsules in the AM and 1-4 capsules in the PM. Work up slowly to tolerance as this may cause loose stools.
4. **MD's* RxOmega** 1 capsule three times a day
5. **MD's* Essentials 5 in 1 DR** 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night.(due to the high B vitamins)



You should notice dramatic improvement in 4 weeks. To reach your goal, stick with it for 8-12 weeks ! If you need more support add Level 2.

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Start Tranquility and Joy Protocol Level 2

For those without complete resolution in 4 weeks, add the following:

1. **MD's* PureBiotic** - 1 capsule two times a day OR **Kashaya** Therapeutic Non-Dairy Probiotic Yogurt, with activated living cultures- 1-2 tablespoon twice daily.
2. For depression, **5HTP** 100 mg PureEncapsulations, 1 capsule three times a day.
3. For anxiety, **GABA** 750 mg PureEncapsulations 1 capsule two times a day.
4. Seek out a Health Care Provider to measure and optimize your thyroid, progesterone and testosterone (Page 12).

Post-Protocol Maintenance

- **Simplified Life Commitments, MagnesiumRx, RxOmega and PureBiotic or Kashaya.**

If all symptoms do not resolve, please contact your healthcare provider for guidance and exploration of possible chronic infection and other conditions.

If you are ready to address causal factors for long-term regeneration, try out the suggestions on the following pages to optimize the 5 areas over 90 days.

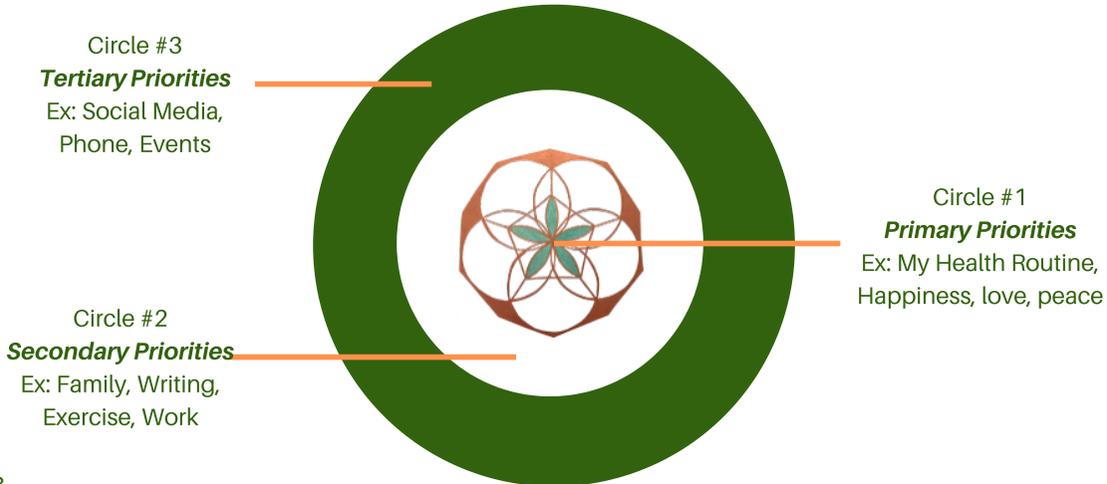
Mind

Calm the mind through the heart's joy: **Laugh and Play**

When the nervous system is calm, we also burn through less "fuel", like hormones and nutrients. There are two proven methods that we have used successfully:

My Priorities Exercise: **Simplify Life**

Decreasing commitments is key to reversing any condition. Draw three concentric circles. The middle circle is #1 Priority, which is **Your Health Routine**. List your secondary and tertiary priorities (like associations and activities) in Circle #2 and #3. For 90 days, cut out all commitments in #3 and reduce commitments in #2. Let your tribe know that you are focused on getting **golden**, so you can excel in your duties long-term. Focus on #1.



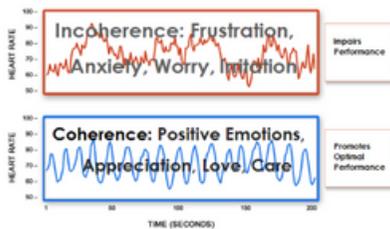
Transform Sub-Conscious Stressors: Flip the Emotional Switch

You can not change the fact that a hurricane is upon you. You can alter the **Chronic Stress Response**; the way it affects your body and the drain of hormones and nutrients that occurs. This is done by flipping the emotions in your heart into a coherent rhythm: **calm heart = calm mind = tranquility and joy**. You must believe that you can be tranquil and joyful.

Practice Quick Coherence Technique 5 minutes in the AM and PM:

This can convert your heart's rhythm to a coherent pattern in less than 60 seconds. Close your eyes. Breathe in, feeling air enter into your heart and out of your heart. Virtually recreate the feeling of an activity that gives you pure joy. What does it look like? Sound like? Smell like? Taste like? Feel like? It's a virtual reality of the joyful experience. Continue to breathe in and out of your heart.

A Coherent Rhythm Transforms Anxiety and Depression



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You can observe your pattern with an App www.heartmath.com/innerbalance Aim for a coherent heart rhythm. Effects last for hours.

Believe in YOU.





Body

Optimize oxygenation to the body

Oxygen makes up 68% of your body mass. It is well established that the oxygen reaching your micro-vessels alters your emotions. In low oxygen states, anxiety and depression increase dramatically. So, some deep breaths can be mind and heart altering. You can increase the oxygen flow to all of your organs immediately using any of the below techniques.

1. Repeat your affirmation with deep breathing. Here's another possible option: Everything is always working out for me.
2. Simply breathe consciously, so that the length of inhale matches the exhale.
3. Take a walk outdoors, belly breathing.
4. Practice "Belly Breathing" In sitting or lying position, close your eyes. Place a hand over your abdomen and one hand on your chest. Inhale gently through your nose 4 seconds. Feel your hand rise as your belly expands, not your chest. Hold your breath for 2 seconds. Exhale slowly through your mouth for 6 seconds. Repeat for 5-15 minutes.



Breathe In



Breathe Out



Hormones

Optimize the Adrenal / Thyroid / Insulin Hormones

Unbalanced hormones are a major contributor to anxiety and depression. For example, low thyroid function is almost always present if you experience depression. Low progesterone contributes to anxiety and panic attacks. Low testosterone in men contributes to both anxiety and depression. Optimizing hormone function is key to understanding your mood.

Steps you can take include:

1. Lower the speed of your engine. Reduce Commitments and Simplify Life with **My Priorities Exercise** (Page 8)
2. You can activate your existing hormones with:
 - **MD's* Essentials 5 in 1 DR** or **MD's* Daily 2**, which specifically have the doses needed for thyroid, insulin and adrenal activation. 2 capsules at breakfast and 2 capsules at lunch. Only take with large meals and never at night (due to the high B vitamins).
 - You can start a proven herbal support for the adrenals: **MD's AdrenalForte** 2-4 capsules before 2 PM.
 - Start bio-identical **MD's* Pregnenolone** 50-100 mg and **MD's* DHEA** 25-50 mg, both in the AM and Noon. Best dosing is based on measuring blood levels.
3. Find a Health Care Practitioner who will work with you to optimize hormones. Often lab tests will come back in the "normal range", but not necessarily in the "optimal range", which is defined in the 75th percentile of the normal range. Always aim for optimal!

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Nutrients

Optimize the Nutritional Status

Nutrients activate your mood hormones. For example, low B-vitamins and magnesium are known to contribute to depression and anxiety. Specific amino acids are needed to make thyroid and progesterone.

Steps you can take:

1. Depend on organic food to be your main source of nutrients. Eat the **Balanced Plate Ratio** at every meal of 50% vegetables, 25% lean protein, 25% complex carbohydrates
2. Eat your daily dose of Regenerative Foods such as fermented foods (like **Kashaya** Non-Dairy Yogurt, unpasteurized sauerkraut or kimchi), sprouted seeds and Blue-Green Algae
3. When using supplements, make sure the toxic junk is out. Avoid all dyes, preservatives, fillers, magnesium stearate and vegetable stearate.
4. Measure your nutritional status with **Spectracell™** blood test annually. Optimize to 75th percentile.
5. *For those with severe deficiencies:* ask your doctor about Intravenous Nutrient Infusions (like Myer's with B-vitamins) for 1-2 months, 2 times a week.

Veggies



Complex Carbs

Protein



Detoxification

Did you know that the intestines produce most of our “happy hormone” (serotonin) and “calming hormone (GABA)”? Toxic build up in the body is a primary cause of declining health worldwide. Man has added 100,000 toxins to our environment, which the body needs to handle to remain vibrant. The body’s normal mechanisms include primarily flushing with water, a functioning liver, gallbladder, skin, kidneys and lymphatics. The bowels must move at least twice daily. pH above 6.7 is needed to for optimal cell function. Most importantly we depend on a healthy microbiome inside and outside. If any of the above is compromised, we can have anxiety and depression.

Steps you can take:

1. Drink 100 ounces filtered water daily with Pink Salt and Lemon.
 - Prepare 100 ounces of water in 3 glass containers with PRL Pink Salt (to taste) and 1-2 lemons. Honey or stevia can be added if needed.
 - Drink 1 by 12 noon, 1 by 3 PM and 1 by 6 PM.
2. Correct the gut microbiome with **MD's* Purebiotic** or fermented foods like **Kashaya** Non-Dairy yogurt and unpasteurized sauerkraut



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You got this.

Steps you can take continued:

3. Do the *Sunrise Walk* for 30 minutes daily.
4. Ground your feet to the earth, and belly breathe 5 minutes daily.
5. Decrease WiFi, cell phones, computers and SMART meters. Protect with **Defender Shield**.
6. Check morning urine pH is >6.7 where all cell function is optimal. If it is below this, increase water, **PRL Pink Salt**, **PRL Polar Mins** or greens.



For a full detoxification protocol and videos follow the link on
www.mdprescriptives.com.



These protocols have been developed and clinically tested in thousands of patients over 15 years. Brought to you by your doctor.

For More Information, Visit www.mdprescriptives.com