

# Drainage Tools

Updated 8-16-19

4 Products Recommend for Everyone To Be On Consistently for Supporting Mitochondrial Energy and Drainage throughout the program.

## BioActive Carbon Minerals by Microbe Formulas

10 drops 2-3 times a day

<https://microbformulas.com/collections/all-products/products/bioactive-carbon-minerals>

## MitoRestore by Microbe Formulas

Work up to 10 drops 2 times a day (If you get any symptoms, reduce to 1-2 drops a day and slowly work up to 10 drops)

<https://microbformulas.com/collections/all-products/products/mitorestore>

## TUDCA Plus by Microbe Formulas

Take 1 capsule, 2 times a day (if you have any reactions reduce dosing and continue to take it; symptoms typically only occur for the first 1-2 weeks, if any symptoms occur)

When needed more support increase to 2 capsules twice a day.

<https://microbformulas.com/collections/all-products/products/tudca-plus>

## BioActive Carbon BioTox by Microbe Formulas

Take 1-2 capsules, 2 times a day (great for gut support, parasite cleansing support, mold and chronic infection support)

<https://microbformulas.com/products/microbe-formulas%E2%84%A2-bioactive-carbon-plus-systemic-biotoxin>

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## In addition to the 4 products above consider the following options:

### Colon Support

Do you poop 2-3 times a day? If yes, you might not need any additional colon support.

If you do not poop 2-3 times a day, add **Intestinal Mover** in **first**.

If still no improvement increase dosing of Intestinal Mover.

If you need additional pooping support, increase dosing of TUDCA Plus to 2 capsules twice a day **secondly**.

If you need additional pooping support, add **magnesium** in **thirdly**.

If you need additional pooping support, add **Vitamin C** in **forthly**.

See Colon Movement Tips video and Other Constipation Options video as well.

**\*\*Please note: One of the most common causes of constipation is a side effect of medication.\*\***

### For Liver and Kidney Support

Take TUDCA Plus by Microbe Formulas as indicated above

Perform Coffee Enemas (see coffee enema videos for instruction and frequency)

Do you need additional Liver support, consider adding one or more of the following:

- Kidney & Liver Detox by Microbe Formulas

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- Stonebreaker by Herb Pharm
- Phosfood by Standard Process
- Consider performing the Liver Gallbladder Flush

Do you need additional Kidney support, consider adding in the following:

- Consider high dosing BioActive Carbon Minerals: 2-4 droppers 3 times a day for 2 months

### **Lymph Support**

After 30 days of being on parasite protocol then add Lymphatic Detox by Microbe Formulas

Do you need additional Lymphatic support, consider adding one or more of the following:

- See Leg Lymph Points video
- BioMolecular Oxygen (helps with lactic acid build up and supports lymph)

### **Brain Drainage Support**

Sleep is the number one method to improve brain drainage (see the entire Improve Sleep videos)

Do you need additional brain drainage support, consider adding one or more of the following:

- Pinella by NutraMedix
- Sleep essential oil blend by Vibrant Blue Oils (see Tool: Magnesium and Essential Oils video)
- Frankincense essential oil (see Tool: Magnesium and Essential Oils video)

Are You Having a Reaction Moment or flare up of symptoms?

- Burbur by NutraMedix – take 10 drops every 15 minutes until symptoms calm down. (typically 2-6 doses)

### **Example of BASIC Drainage Protocol**

- BioActive Carbon Minerals by Microbe Formulas
- MitoRestore by Microbe Formulas
- TUDCA Plus by Microbe Formulas
- BioActive Carbon Biotox by Microbe Formulas

### **Example of BASIC Drainage Protocol Plus Additional Bowel Support**

- BioActive Carbon Minerals by Microbe Formulas
- MitoRestore by Microbe Formulas
- TUDCA Plus by Microbe Formulas
- BioActive Carbon Biotox by Microbe Formulas
- Intestinal Mover by Microbe Formulas (as needed)

### **Example of BASIC Drainage Protocol Plus Additional Liver Support**

- BioActive Carbon Minerals by Microbe Formulas
- MitoRestore by Microbe Formulas
- TUDCA Plus by Microbe Formulas
- BioActive Carbon Biotox by Microbe Formulas
- Kidney & Liver Detox by Microbe Formulas

### For Ordering Microbe Formulas Products

Use coupon code **AtHome15** (case sensitive code). Coupon only works with email address that purchased the At-Home Program.

The coupon code is good on MicrobeFormulas.com

After you add items to the shopping cart, click checkout.

Once you are in the checkout there is a place to enter it.

It says "Discount" that's where you put your code in. Then click "apply"

### For Ordering on [www.ShopVibrantLife.com](http://www.ShopVibrantLife.com)

If you don't have an account setup, you can create an account for free by clicking "Sign Up" in the upper right hand corner.

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## Colon Drainage Tools

Use the following tools to get and keep the bowels moving. You don't need to use all of these. These are listed in order of preference to start with and add to.

### Intestinal Mover by Microbe Formulas

Directions: Take 1 cap with breakfast (or morning), 2 caps with dinner or evening

- **Feel free to lower or increase dosage based on your bowel movements**

- Some need only 1 cap a day at night or even every other day
- Some need 4 caps twice a day

- Takes 1-2 weeks for fine tuning the best dosing for you

Try with and without food (try both to see what works best for you)

<https://microbformulas.com/products/intestinal-mover>

### Oral Magnesium

300-700mg a day

There are 5 different magnesium supplement options (get an extra 10% from Wellevate):

- Go to: <https://wellevate.me/jay-davidson-1#/>
- Click "Register" and register for a free account
  - Remember your email and password you used for logging in
- Click "Shop Dispensary"

### Vitamin C Saturation Point

- Starting in the morning
  - Take 1.5 grams of Vitamin C every 15 minutes with water,
  - Make sure to count and record each dosage.
- Continue until you get watery or diarrhea-like stool = **Saturation Point**
- You will typically feel gurgling and rumbling in your stomach area before you get loose stool.
- Take note of the amount of Vitamin C you had taken up to that point and reduce it by 25%.
- For example: 12 grams of Vitamin C you experienced having loose stool
  - Reduce the amount to 9 grams daily.

### Vitamin C Supplement Options

Vitamin C Therapeutic Dosing

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- 4 grams (aka 4,000mg) at a time

There are 2 different Vitamin C supplement options (get an extra 10% from Wellevate):

- Go to: <https://wellevate.me/jay-davidson-1#/>
- Click “Register” and register for a free account
  - Remember your email and password you used for logging in
- Click “Shop Dispensary”

Another Vitamin C option on Amazon: <https://amzn.to/2H2hcjz>

### **Senna Leaf Tea**

- Approved for short term use (10-14 days)
- Don’t use if you have ulcerative colitis, Crohn disease or hemorrhoids
- Acts as an irritant inside the colon

<https://amzn.to/2KL78MF>

### **Coffee Enemas**

See coffee enema videos for supplies and instructions.

### **Supplements Recommended Before and After Coffee Enema**

Take 1 cap of BioActive Carbon BioTox and 1 cap of BioActive Carbon Foundation 30 minutes before coffee enema and 1 cap of BioActive Carbon BioTox and 1 cap of BioActive Carbon Foundation right after coffee enema (extra catchers mitt)

<https://microbeformulas.com/products/bioactive-carbon-foundation>

<https://microbeformulas.com/products/microbe-formulas%E2%84%A2-bioactive-carbon-plus-systemic-biotoxin>

### **Anti-Parasitic Herbs That Can Be Added Before and After Coffee Enema**

With the BioActive Carbons, add the below parasite herbs too.

- Formula 1 by Microbe Formulas <https://microbeformulas.com/products/microbe-formulas-formula-1>
  - Take 1-2 caps 30 minutes before enema (work up to 4 caps)
  - Take 1-2 caps after enemas (work up to 4 caps)
- Vermicyde GRD by Barlow Herbal <https://barlowherbal.com/products/vermicyde-grd>
  - Take 5 drops 30 minutes before (work up to 1-2 dropperfuls)
  - Take 5 drops after enemas (work up to 1-2 dropperfuls)

### **Liver, Bile and Kidney Drainage Tools**

TUDCA Plus by Microbe Formulas

- Take 1 caps with a meal, 2 times a day (increase to 2 caps, 2 times a day when needed)

<https://microbeformulas.com/collections/all-products/products/tudca-plus>

Kidney & Liver Detox by Microbe Formulas

- Take 1 capsule 3 times a day - If you need more support, you can increase to 3 caps 3 times a day

<https://microbeformulas.com/products/kidney-liver-detox>

Stonebreaker by Herb Pharm

- Take 5 drops in 1oz of filtered or spring water 2 times a day
- (get an extra 10% from Wellevate): <https://wellevate.me/jay-davidson-1#/>
- or on <http://shopvibrantlife.com/stone-breaker/?rfsn=1280052.3cf07>

Phosfood Liquid by Standard Process –

- Take 10 drops in 1oz of filtered or spring water 2 times a day
- <https://www.standardprocess.com/Patient-Direct/patient-registration>
  - Patient Direct **CODE:** CPMW89

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## Sleep Essential Oils

See below "Tool: Magnesium and Essential Oils" video for links and suggestions

## Sleep Supplements

Liposomal Melatonin by QuickSilver Scientific

- (1 pump = 1mg melatonin) – Take 1 pump 30 minutes before bed, hold in mouth for 30 seconds before swallowing
  - (increase dosage and adjust dose as needed)
- (get an extra 10% from Wellevate): <https://wellevate.me/jay-davidson-1#/>
- or on: <http://shopvibrantlife.com/liposomal-melatonin/?rfsn=1280052.3cf07>
- This one is 1 pump = 4 mg melatonin
- (get an extra 10% from Wellevate): <https://wellevate.me/jay-davidson-1#/>
- or on: <http://shopvibrantlife.com/high-dose-liposomal-melatonin/?rfsn=1280052.3cf07>

## Lymphatic Drainage Supplements

Lymphatic Detox by Microbe Formulas

- Take 1 cap twice a day
- <https://microbeformulas.com/products/lymphatic-detox>

## Brain Drainage Supplements

Pinella by NutraMedix

- Take 10 drops together in 1oz of filtered or spring water 3 times a day  
<https://www.nutramedix.com/DRJDAVIDSON> - Register for a free account or login

## Are You Having a Reaction Moment or flare up of symptoms?

- Burbur by NutraMedix – take 10 drops in 1 oz of filtered or spring water every 15 minutes until symptoms calm down. (typically 2-6 doses)  
<https://www.nutramedix.com/DRJDAVIDSON> - Register for a free account or login

Other Recommendations Mentioned in Videos

### Topical Magnesium

Designs for Health <http://amzn.to/1THI4Ub>

Ancient Minerals <http://amzn.to/1qYXmvx>

Ease - <https://amzn.to/2GXBm1e>

### For Pain

DMSO - <http://amzn.to/1X4tavW>

Instructions: rub a dime to nickel size of Topical Magnesium Gel or oil onto skin (painful area) and roll a small amount of DMSO over it. 2-3 times a day

## Optional Essential Oils for Added Support:

**Liver:** Tea Tree, Grapefruit, Vetiver, Juniper Berry - blend and apply topically over the liver

**Colon:** Sandalwood, geranium, blue tansy, Ylang Ylang - blend and apply topically over EOP & Solar plexus chakra

**Vitality (overall body energy):** cedarwood, frankincense, osmanthus, ylang ylang - apply topically over heart & crown chakra