

Health Maintenance Protocol

Congratulations! You have reached a good state of health, and now I recommend that you follow a “maintenance” protocol. Why a maintenance protocol? The reason is that no longer will “eating one apple a day keep the doctor away.” Our world has become too toxic to just rely on healthy eating and exercising as the only means of “maintaining” a healthy state of being.

Our proposed maintenance protocol consists of doing a seasonal liver/kidney detox or cleanse along with taking some nutritional supplements for health maintenance. Of course, having proper diet and lifestyle is always first.

Proper lifestyle:

Get plenty of sleep every night. Try to be in bed by absolutely no later than midnight. Ideally, you should be in bed by 10 PM.

Have some fun on a daily basis, even if it's for just a few minutes. Laugh for 1 minute a day, for absolutely no reason whatsoever! ☺

Spend some time outside daily (walk, jog, hike, etc.). This can be as little as 5-10 minutes.

Stress-reducing activities such as simply sitting and relaxing (reading for pleasure, etc.), ideally 1 hour daily.

Regular exercise is key to health maintenance.

Proper diet:

Eat your food slowly and consciously.

Increase water intake to 6-8 glasses of water daily (drink filtered water only).

(Good water and air are the most effective detoxification medicines!)

Reduce or stop consuming sugar, alcohol, and coffee.

Avoid your food allergies (Most common allergenic foods are gluten and dairy.)

Increase vegetable consumption. Eat a wide variety with lunch AND dinner (raw and cooked).

Eat healthy fats daily, and have protein with every meal.

Eat whole grains (such as brown rice, quinoa, or amaranth) versus white rice/bread.

Eat organic foods.

Seasonal Detox/Cleansing:

Liver detox:

UNDA 1, 20, 243, or Chelidoneum plex are all for liver drainage/cleansing. If you have any of them, you can just take 5 drops of any of the bottles two times daily for a month per season. You do not need to take all of them at the same time. One bottle per season should be good. If you want to take them more often, such as two bottles per season, that would be even better.

Do the castor oil packs or simply rub castor oil onto your abdomen once in a while (and for those of you who have lung conditions, periodically rub the oil onto your lungs as well). At the minimum, do this once a week, perhaps on weekends to prepare for the upcoming week.

There are gemmotherapies (very potent herbal extracts) as well as nutritional supplements (such as Biocleanse powder or Ichol) that are helpful in enhancing detoxification in the liver. Specific gemmos that are helpful for liver detox are Rosmarinus, Juniperous, and Betula pubescens.

Ideally, you should alternate amongst these various methods of liver detox on a quarterly basis. For example, one season you can take an UNDA number for liver detox. The following season, you can switch to a gemmotherapy such as Rosmarinus gemmo. The next season, you can take Biocleanse powder. Of course, all along you can do the castor oil packs and drink over-the-counter teas that are good for the liver such as Organic, dandelion root tea.

Kidney detox:

UNDA 2, 7, 44 and 45 are all good for kidney drainage/cleansing. Take any of these bottles, once a season. Same dose for all UNDAs- 5 drops two times daily.

There are other natural medicines that nourish and support kidney function (and consequently with kidney detox). There are gemmotherapies that are helpful for kidney function such as Zea mais and Ulmus. There are also regular tincture preparations that are helpful for kidney function-the one we carry at our dispensary is called Asparagus combo.

IS YOUR CONSTITUTIONAL HOMEOPATHIC REMEDY STILL WORKING?

I highly recommend that you make sure your constitutional remedy is always actively working in your body. How can you tell? Well, the best way is if you find yourself a bit more likely to succumb to stressors of life (being more irritable, moody, angry, agitated, depressed, anxious, etc.). If so, you know your remedy has “worn off”, and it’s time to redose. Of course, keep in mind that if you are upset, say grieving the loss of a loved one, you might go through a healthy process of grieving, and you do not need to redose your remedy automatically. However, if you feel somewhat dysfunctional as a result of the grieving process, if you *just* don’t feel good, then it’s likely that the remedy has worn off as a result of the shock of the grief. Keep in mind that if the remedy “wears off”, you will also not feel quite as good physically- for example, your energy, quality of sleep, and other physical symptoms in your body will start to suffer as well as your mood.

Nutritional supplements:

Fish oil, cod liver oil, or flax oil (Alternating amongst these is a great idea).

Multivitamin/mineral

Probiotics

Vit D? If your blood levels are normal at this point, then depending on the weather where you live (how much sun you get), you may or may not need to supplement it. Too much Vit D can be dangerous for your health. So, if you are taking it, your blood levels should be monitored every 2-3 months.

Even if you are feeling wonderful, I highly recommend that you come in once a season, regardless. The reason is that what may be a slight abnormality in your body, or a slight aversion from healthy living, often leads to a more substantial imbalance, causing disease/illness. I can often help correct these subtle imbalances (in your body and/or in your lifestyle/diet) so that you can continue to enjoy good health.

Enjoy and savor your health!

Dr. Sharif