

## Chronic Fatigue Syndrome 90 Day Program

Chronic Fatigue Syndrome, (also known as *myalgic encephalomyelitis*) is not due to ongoing exertion, not substantially alleviated through rest nor caused by other medical conditions. CFS is viral.

### Dietary Recommendations:

- Drink plenty of water
- raw vegetables and fruits
- No meat is recommended but if you choose to eat some meat, be sure it is organic and supplement with plenty of digestive enzymes
- No dairy
- No processed foods

### Supplements:

*Lipase Enzymes:* Four capsules five times a day (minimum 3 times a day). This removes the liquid shield off weakened cells.

*Liquid Oxygen:* 10 drops of liquid oxygen in water (this will drown out the virus).

One half hour later take four Protease Enzymes five times a day (minimum 3 times a day). Protease breaks up protein. A virus is a protein molecule.

*Multiple Digestive Enzymes:* 25 per day, five with each meal and five twice a day on an empty stomach between meals.

*Probiotic Blend:* 10 at night right before going to bed.

**Nancy's Smoothie:** You can mix the following together in water, fresh juice, milk substitute or your favorite fruit smoothie. Take twice a day (can be used as a meal replacement).

*Nutritional Essentials:* 6 Tablespoons a day

*Barleylife or Whole Foods:* 3 Teaspoons a day

*Mega Omega:* 2 Tablespoons a day Green Product (Whole Food of Barleylife): 1 tablespoon

*Optional for aid in healing:* Herbal Blood Cleanser as directed and Vitamin C with Bioflavonoids.