ANABOLIC “TISSUE BUILDING” PROGRAM FOR HEREDITARY COLLAGEN DISORDERS

This program is our recommendation for persons who have an inherited collagen disorder of the Ehlers-Danlos Syndrome (EDS) type. The recommendations given here are to complement and supplement, but not a substitute for inflammation and pain control.

I. DIET

A. Eat at least two portions of these high-protein foods each day: fish, beef, pork, poultry, eggs

B. Eat at least two portions of these fruits or vegetables each day: broccoli, green beans, squash, lettuce, asparagus, blueberries, plum, pear, apple

II. DIETARY SUPPLEMENT-DAILY

A. Collagen Peptides, Collagen Polypeptides
B. Vitamin B-12
C. Vitamin C-1000 to 2000mg
D. Vitamin K-2

III. HORMONAL AGENTS (Use at least one on 3 to 5 days a week)

A. Colostrum
B. DHEA-200 to 300mg
C. Pregnenolone 90 to 200mg
   Options or Additions: Deer Antler Velvet
   Gonadal Extract (Orchex® or other)
   It is suggested that you test for, and replenish all depleted hormones: Cortisol, DHEA, Estrogen, Pregnenolone, Progesterone, Testosterone.

IV. OPTIONS (For Persons with the Intractable Pain Syndrome)

A. Human chorionic gonadotropin HCG 250 to 500 units on 3 days a week
B. Nandrolone-compounded sublingual or buccal tablet 25 to 50mg on 3 to 5 days a week
C. Testosterone 5 to 50mg on 3 to 5 days a week, depending on lab results
D. Oxandrolone compounded 25mg capsule 1 to 3 times weekly
E. Medroxyprogesterone 10mg twice a day on 3 to 5 days a week

This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.