

# Herbal Protocol Basics

Throughout this document, I will attempt to familiarize you with putting together some basic herbal protocols using Dr. Morse's Cellular Botanicals. First off, keep in mind that most protocols are not going to be identical. However, specific similarities can be drawn between almost all of them.

Although I advise that everyone thoroughly study and research Dr. Morse's teachings and method of healing to gain a solid understanding of how we view the body, this document will be aimed at complete beginners. A focus will not be set on diet or bovine glandulars.

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## *The Fundamentals*

Before putting together your protocol, or a protocol for someone else, I encourage you to gather as much information as you possibly can concerning the health history of the person in question - in order to have some solid background information to base the protocol off of.

You can utilize the 'Self-Assessment Health Questionnaire', 'Basal Body Temperature Study', and 'Initial Client Assessment' documents for the above purpose.

<a href="#">Download</a> 'Self-Assessment Health Questionnaire'
<a href="#">Download</a> 'Basal Body Temperature Study'
<a href="#">Download</a> 'Initial Client Assessment'

At any given time, you shouldn't hesitate to reach out to a detoxification specialist for guidance.

## *The Detox Kit(s)*

<b>FORMULAS CONTAINED IN THE FIRST KIT</b>	
* Kidneys & Bladder Tonic II	* Kidney & Bladder Tonic I capsules
* Liver & Gallbladder Tonic	* Lymphatic System Tonic I capsules
* Parasite-G (General)	* Parasite-M (Micro-Organisms)
* Endocrine Balance	* Stomach & Bowels Tonic formula
See full 14 week program, detailing all 7 detox kits <a href="#">here</a> .	

At the beginning of most protocols, it is recommended that the individual starts off with the first of seven detox kits. Each kit will last ~14 days depending on the dosages taken. All 7 detox kits were designed to cover the Fab Four focus points (you will learn more about this in the next section) and with new emphasis on the body's lymph nodes. With the included anti-parasitic formulas, the detox kit will help to restore microbial homeostasis, inhibit viral activity and initiate the killing and expelling of larger parasites (worms and flukes) from the body.

Throughout the 14-day period, it is important that the person pays attention to how they're feeling, observe their bowel movements (loose stools? firm stools? change of color?), and also pays attention to any unusual-looking content in their stool (parasites in particular).

After the initial 14 days (upon finishing the detox kit), one can proceed to take each subsequent detox kit for the entire 14 week program or create an entirely new protocol while still (and always) covering the foundation which will be elaborated on in the next section. The protocol should also be adjusted according to what the person had experienced during the initial 14 days.

**NOTE:** It is advised for parasite cleanses to be conducted for at least 4 weeks (meaning keep the anti-parasitic formulas in the protocol for an additional 14 days after the first kit), and keep taking the formulas for as long as any worms are identified (if any).

## *The Fab Four*

Your key areas of focus are (listed in no particular order):

- Kidneys
- Endocrine glands
- The lymphatic system
- Gastrointestinal tract

The above four areas are referred to, as the 'Fab(ulous) Four'.

The Fab Four is the most basic, core foundational and budget-friendly protocol.

Remember that your goal is to restore kidney functional ability to the degree that they can begin filtering the body's lymphatic system, and then maintain this level of kidney health at all times.

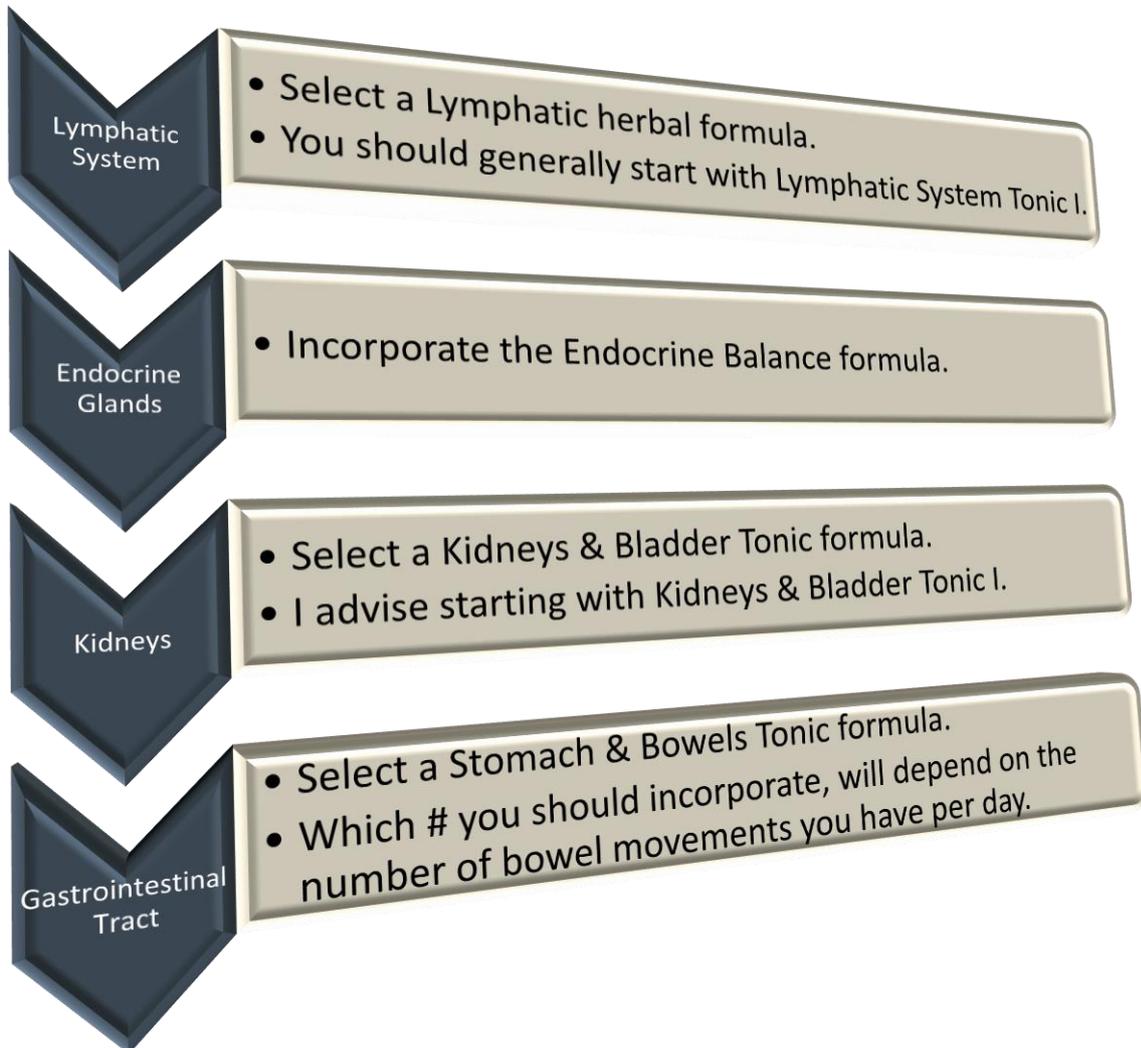
In this equation, the endocrine system must never be overlooked as they collectively serve as the 'government' of the body and are responsible for making sure that the body operates the way it should (thus also affecting kidney filtration), through various hormones.

The health of your intestinal tract, the large intestine (colon) in particular, is equally important to factor in due to the problems that can spawn throughout body when the colon is impacted, inflamed, or degenerating.

## *The Stomach & Bowels Formulas*

<b>Stomach &amp; Bowels #1</b>	This formula has no moving power. All the stomach & bowel formulas are bowel restoratives and cleansers.
<b>Stomach &amp; Bowels #2</b>	This one is for those that need a little 'push'.
<b>Stomach &amp; Bowels #3</b>	Intended for those only having bowel movements every 2-3 days.
<b>Stomach &amp; Bowels #4</b>	Intended for those only having bowel movements every 3-4 days.
<b>Stomach &amp; Bowels #5</b>	For those that only experience bowel movements every 4-5 days and beyond.

## *Constructing the Protocol*



That will cover the basics of every protocol, with the only exception being intolerance to one or more of the formulas themselves (which is very rare).

From there on, you can add onto the protocol any additional herbal formulas to target the areas, you wish to focus on.

<b>LIST OF HERBAL FORMULAS</b>	
* Adrenal Gland Tonic	* Lungs Tonic I (Acute)
* Bleeding (excessive bleeding)	* Lungs II Tonic (Chronic)
* Blood Tonic (cleanser)	* Lymph Node Support I
* Brain & Nervous System Tonic I	* Lymph Node Support II
* Brain & Nervous System Tonic II	* Lymph Node Support III
* Cayenne/Garlic Combo	* Lymph Node Support IV
* Chem/Metal Detox	* Lymph Node Support V
* Connective Tissue Support	* Lymphatic System Tonic I
* Endocrine Balance	* Male Reproductive Tonic
* Eye Wash	* Pain
* Female Reproductive Tonic	* Pancreatic Tonic
* Gland Tonic	* Parasite-G (General)
* Happiness	* Parasite-M (Micro-Organisms)
* Healthy Circulation (Lower)	* Prostate Tonic
* Healthy Circulation (Upper)	* Radiation Exposure
* Healthy Glucose	* Skin Tonic
* Healthy Heart	* Spleen Tonic
* Healthy Joints	* Strong Bones
* Healthy Pituitary	* Stomach & Bowels Tonic #1
* Herbal Anti-Spasmodic	* Stomach & Bowels Tonic #2
* Immune System Tonic	* Stomach & Bowels Tonic #3
* Kidneys & Bladder Tonic I (Cleanser)	* Stomach & Bowels Tonic #4
* Kidneys & Bladder Tonic II (Diuretic)	* Stomach & Bowels Tonic #5
* Kidneys & Bladder Tonic III	* Thyroid & Thymus Tonic
* Kidneys & Bladder Tonic IV (Diuretic)	* Ultimate Immune Tonic
* Liver & Gallbladder Tonic	

<b>TEAS &amp; BLENDS</b>	
* 3-Lung Tea	* God's Garden Superfood Blend II
* Heal-All Tea	* The GI-Broom
* God's Garden Superfood Blend I	* Stomach Tea

Generally, two Lymphatic formulas (one liquid tincture and one encapsulated formula) and two Kidneys & Bladder Tonic formulas (one tincture and one encapsulated formula) are recommended.

### PRECAUTIONS

* All Lymphatic System/Lymph Node formulas	Do NOT take during pregnancy unless advised so.
* Bleeding	Do NOT take during pregnancy unless advised so.
* Bone Marrow Support	Do NOT take during early pregnancy unless advised so.
* Connective Tissue Support	Do NOT take during pregnancy unless advised so.
* Female Reproductive Tonic	Do NOT take during pregnancy unless advised so. Preferably check Estrogen levels, before taking.
* GI-Broom	Consider detoxifying for at least 1 month first. Do NOT take if constipated.
* God's Garden Superfood Blends	Do NOT take prior to bedtime (if you want to sleep).
* Heal-All Tea	Do NOT take during pregnancy unless advised so.
* Healthy Circulation (Lower)	Do NOT take during pregnancy unless advised so.
* Healthy Circulation (Upper)	Do NOT take during pregnancy unless advised so. Do NOT take with brain tumors unless advised so.
* Healthy Heart	Do NOT take during pregnancy unless advised so.
* Healthy Pituitary	Do NOT take during pregnancy unless advised so.
* Lungs Tonic I	Do NOT take during pregnancy unless advised so.
* Lungs Tonic II	Do NOT take during pregnancy unless advised so.
* Male Reproductive Tonic	Check Prostate-Specific Antigen levels first.
* Parasite-G formula	Do NOT take during pregnancy unless advised so.
* Parasite-M formula	Do NOT take during pregnancy unless advised so.
* Stomach & Bowels Tonic #3	Do NOT take during pregnancy unless advised so.
* Stomach & Bowels Tonic #4	Do NOT take during pregnancy unless advised so.
* Stomach & Bowels Tonic #5	Do NOT take during pregnancy unless advised so.
* Thyroid & Thymus Tonic formula	Do NOT take with goiters/hyperthyroidism.
* Ultimate Immune Tonic	Detoxify for at least 2 months, before taking.

**IMPORTANT:** Pregnant and nursing women should consult with Dr. Morse's clinic or seek the assistance of a qualified detoxification specialist, before embarking on an herbal protocol.

### EXCELLENT FORMULAS DURING PREGNANCY

* Strong Bones	Combats and prevents problems caused from inadequate calcium supply.
* God's Garden Superfood Blends	Replaces prenatal supplements.

***Protocol Example: Prostate Inflammation; Prostate Cancer***

If prostate inflammation (acidosis) or prostate cancer is suspected, have PSA (Prostate-Specific Antigens) levels checked ASAP.

Dr. Morse prefers PSA levels in the range of 0-1.0 (zero being perfect). The higher the PSA count, the higher the degree of inflammation (acidosis of tissue) is. The higher above 5, the greater the likelihood of prostate tissue degeneration (cancer).

Also, knowing the person’s blood pressure will be useful for helping to determine adrenal gland and kidney function. We consider textbook blood pressure to be 120 (systolic) over 60 (diastolic).

Since the prostate is close to the kidneys, lymph and acidic debris will be removed from the prostate tissues faster.

**Reversing Degeneration of the Prostate:**

The following is based on **ONLY** being informed that the individual has been diagnosed with prostate cancer. Under normal circumstances, you would have an in-depth background of your client’s health history.

First and foremost, diet is crucial. The person must change to a diet of raw fruits (in the beginning, no citrus fruits) and vegetables (preferably made into green juices). If PSA is above 5, it is recommended to not include any cooked food unless for slowing down detoxification symptoms.

Also, initially incorporate a quality herbal tea (such as the Heal-All Tea) and a prostate cleansing and strengthening formula (e.g. God’s Herbs Prostate formula).

Have the person ingest at least a cup of Heal-All tea 3-4 times per day.

<b>FIRST 14 DAYS</b>	
Detox Kit Weeks 1+2 + Prostate Tonic + Heal-All Tea	
<b>WEEK 3 AND BEYOND</b>	
* Kidneys & Bladder Tonic I	* Kidney & Bladder Tonic I capsules
* Lymphatic System Tonic I capsules	* Lymphatic System Tonic I
* Endocrine Balance	* Stomach & Bowels #_*
* Parasite-M	* God’s Garden Superfood Blend II
* Prostate Tonic	* Heal-All Tea
<b>SHOULD BE CONSIDERED</b>	
Adrenal Gland Tonic (if blood pressure is between 105-120 systolic)	Parasite-G (especially if the person identifies any type of parasites or otherwise unusual content in his stools during bowel movements, while taking the Detox Kit)

\*Which Stomach & Bowel formula to use depends on number of bowel movements the person has per day.

**With all severe tissue degenerative (cancer) type cases:**

Always have them on **AT LEAST** one Kidney & Bladder formula, one Lymphatic formula, either the Endocrine Balance or Adrenal Gland Tonic formula, and always the Parasite-M formula.