



REDUCE



In late 2021 - 2022, After being on “Core4” since Sept of 2018, And after extensive blood test to determine critical Amino Acids levels, CoQ10, and RBC Magnesium Level (“Red Blood Cell Magnesium Level”, as in “inside the red blood cells” and NOT in the serum, which is the much more common Mg test) -- reduced the daily dosages to minimal as possible AND convenient to consume, as follows, while still keeping Afib and/or SVT eliminated:

Each morning, in a veggie smoothie (to reduce sugar) or a cup of hot de-caf tea, (just once a day)

The following 4 are the so called “Core4” daily regimen/protocol specifically for preventing my Afib AND SVT and skipped or ectopic beats or generally any arrhythmias.

TAURINE: 1 tea-spoon (approx. 6.2 grams average, fits into 1 teaspoon) (bulk powder form)

Citruline: $\frac{1}{2}$ tea-spoon (2.5 grams avg) (bulk powder form) (Better Arginine substitute, better absorbability and Citruline gets converted by the body into Arginine, regardless)

CoQ12: $\frac{1}{4}$ tea-spoon (0.66 grams avg) (bulk powder form)

Magnesium: 1 tea-spoon (this is $2 \times 2.5\text{mL}$ or 100mg = 200mg per teaspoon) of liquid ionic type, (best absorption without laxative effect) (To be followed by MORE Magnesium-water intake thruout each day – read notes at end)

Now also my absorption enhancers:

Piperine: $\frac{1}{32^{\text{nd}}}$ to $\frac{1}{16^{\text{th}}}$ of tsp (0.14 – 0.28 grams on average, in bulk powder form)

Shilajit (fulvic acid): $\frac{1}{32^{\text{nd}}}$ of tsp (0.2 grams avg in bulk powder form)

Sprinkle of Pink Himalayan Sea Salt or any sea salt like Celtic Sea Salt

DMSO (Dimethyl Sulfoxide) is the ultimate Absorption enhancer or Permeation agent, but has to be 99.9% pure pharma grade, not industrial type. (refer to additional notes at end)

The Rest here are my general “stay-healthy” supps, that ARE NOT directly related to Afib nor SVT prevention:

Zinc: $\frac{1}{2}$ tea-spoon (2.5mL or 18mg) of liquid ionic type

Natokinase: $\frac{1}{32^{\text{nd}}}$ of tsp (0.09 grams avg in bulk power form, anti coagulation holistic substitute)

Cayenne Pepper: $\frac{1}{32^{\text{nd}}}$ tsp (0.12 grams avg in bulk powder form)

Page 2 of 2 (continued)

Pycnogenol: 2 caps, 300mgs total (generic French Maritime Pine Bark Extract, aspirin substitute)

Resveratrol: ½ teaspoon is approx 1.6 Grams on average (Bulk Powder form)

Curcumin: 1 heaping teaspoon on Average

** Both **CoQ10 & Curcumin** are fatty soluble, thus for convenience MUST BE taken with **Piperine** for dissolution and absorption ! And, If taking more Curcumin, which is fine, just increase the **Piperine** ..

Additional Notes on Magnesium & DMSO intake & usage each day;

2 changes or updates to the “REDUCE-CORE4” protocol is to consume 2 to 3 teaspoons of the form of Magnesium known as a liquid ionic type.

Each teaspoon is 200 mgms of Mg, so total daily dosage would be between 400 to 600 mgms.

This can be split up amongst 2-3 daily doses in a glass of water.

Always adding as well a pinch of a "whole" sea salt (like Pink Himalayan or Celtic sea salt) to the Magnesium water glass. ** If not having to deal with the “Laxative Effect”, other peers have increased Mg intake to above a gram per day.

The Magnesium should be added to the initial morning smoothie or hot tea and also thruout each day sipped in bout 12 ounces of spring water or distilled water (never tap water, BCS most municipalities add Fluoride + Chlorine to their drinking water, this should be avoided) ..

The Mg total dosage can be split into twice or more times during the day and sipped..

ALSO!!! .. consider adding DMSO (Dimethyl Sulfoxide 99.9% pharmaceutical grade type) to both the daily REDUCE-CORE4 protocol AND as well each time a glass of water w Mg is sipped.

DMSO is a revolutionary absorption enhancer and permeation agent. (It has been demonized by conventional medicine which is really the AMA/FDA narrative having sold out to their “Big Pharma handlers” ..

NEVER use DMSO with tap water, BCS it would have the undesired effect of drawing in the Fluoride and Chlorine added to the tap water ..

ALSO !! Ramp up the DMSO dosage gradually to both the daily REDUCE-CORE4 protocol and the 12 ounces of prepared Mg water.. from just a cpl of drops of it @first to gradually building up over a couple months to a dropper's full wen taking each glass of Mg water and wen taking the REDUCE-CORE4 daily protocol.. DMSO is a miracle enhancer and greatly amplifies the effectiveness of both the daily protocol and each glass full of Mg water sipped ..

** A good book on DMSO has been written by Amandha Vollmer, “Healing with DMSO” c2020.