

Praxis für Integrative Medizin Dr. Pieper, Konstanz

FQAD Protocol Pogrebova; Veronika; 12.25

Remedy	Morning	Noon	Evening	Night	With meals	comments, additional supplements
MVM-A Antioxidant Protocol	1			1		Allergy Research Group
Vitamin-D3 5000 i.E./Vitamin K2 200mcg (MK7)	1				x	
Omega-3 from algae		2			x	+ fresh pressed linseed-oil
Coenzym Q10 200mg	1				x	+CDP-Choline 250mg
Magnesium Glycinate 100mg	1	1	1			+ Calcium 1-2g daily
Magnesium L-Threonate 2000mg (=144mg Mg)		1	1	1-2		
Spermidine 1,2mg	1	1	1		X	or wheatgerm-powder 2 tbsp daily
L-Theanine 250mg+L-Tyrosin 200mg+5-HTP 25mg+Taurine 1000mg				1-2		+Ashwagandha 500mg
SAMe 400-500mg	1			(1)		+ GABA 750-1000mg
Daridorexant 50mg (Quviviq)				1		to wean of the benzos
Pregnenolone 50mg	1					+ Pomegranate Extract
Nicotinamide mononucleotide (NMN) 500mg >> NADS	1					4-12 weeks

Intervall-Fasting(16:8), low-carb, low-histamine; no gluten, no industrial sugar, no white flour, no coffee and alcohol. MCT-Energy-Drink; organic bone-broth daily or Hydroxylized Collagen (Jarmino or Great Lakes) 20g per day+ Vit-C 1g + Bioflavonoides; Joghurt/Kefir/Kombucha with 24-Strain-Probiotic, Herbal Teas with a GABA-Effect (e.g. Baldrian, Passion flower, Balm, Hops),

Hypervigilance-Therapy

Nicotine-patches for 4-8 weeks

High-Dose-Vit-B1-Therapy daily for 3 Weeks:

Healing Through Neuroplasticity Self-Study Course (<https://www.eleanorsteinmd.ca/pain>)