

## **Retro-Viral Protocol– 2018 Notes from Klinghardt Conferences and Autism 1 Lecture**

For all patients with Persistent Lyme, Autism, and Chronic Conditions – preventative cancer regiment

**K Protocol Products- 845-469-3830 easy patient resource for basics**

<https://www.gonsteadnutritionals.com/kprpr.html>

- Take the below protocol for a min. of 2- 3 months, then test what remains for individual treatment.
- This easy and basic protocol is used for Lyme Disease and Viruses.
- Found to be beneficial for all our patients before individualized treatments are begun or in addition to their current protocols.
- Test with A.R.T. after the 3 months to see if you ready for the maintenance dose.

1. **Retro V- 100 -Doctors Clinical Nutrients- Broccoli extract -extra strength capsules – 100 mg extract 2 x daily** to begin then move to 30 mg maintenance- and/or also take Fresh Broccoli sprouts for support. Most effective product. *Not a freeze dried broccoli*  
Most powerful for Cancer Tx, and all Virus Tx. (Treats Autism, Schizophrenia, Mold, Auto-Immune disorders like Lupus, Scleroderma, Rheumatoid Arthritis, Herpes, Epstein Barr Virus, Diabetes type 1, CCSVI, AIDS )  
**Or Fresh Sprouts – 2 large handfuls per day, or powder (2 tsp heaping, 2x day for extra support during treatment)** This does not replace the Pharmaceutical grade broccoli extract in capsules.

**Best to take with a good Enzyme to have the capsule absorb well.**

2. **Selenium** 800 micrograms/day ( very important piece of the protocol)
3. **K2 D3 Essentials - Vitamin D3 (10,000 iu) with K2 ( up to 400 mcg) Daily**
4. **Regenaderm Capsules or Regeneration Liquid – 8-20 drops /day** in water, juice or beverage - Choline regenerates bones, joints, skin, collagen
5. **Cistus Incanus Tea “ Rock Rose”** (Biofilm dissolving, anti retroviral, anti lyme) ½ cup day – 6 cups/day – **brew med to dark brown is best. Start slowly.**

You can use the stevia with the first brew of the cistus tea. Rebrew the leaves twice. Keep in Frig. 3 batches with it, with different polyphenols in it each time you brew it.

6. **Healing Herbal Supportive Blend** 2 tsp, 2-3 x day, best sprinkled on food, yoghurt

*Take with the RetroV capsules- as a supportive supplement to add to food*

**USA Source:** <https://www.gonsteadnutritionals.com/kprpr.html>

Or Europe Ki science

- Scullcap root Extract /Scutalaria
- Green Tea
- Reishi Mushroom
- Lomatium Root –
- Ortica Dioica- Stinging Nettle Extract
- Stevia –whole plant portion used
- Bitter Melon
- Olive Leaf Extract

### **Additional Supportive Products**

7. **Restorative Sleep- 2 Options - reboots the sleep pattern, heals the brain, anti-anxiety**
  1. **Phenotropic PM Ultra – 1 cap before bed – Try this first for people who wake up during sleep and have trouble falling back asleep and for those who have trouble falling asleep initially.** contains a combination of key nutrients, botanicals and neurotransmitter precursors, designed to support the sleep/wake cycle, while promoting GABAergic and serotonergic activities associated with feelings of calm, satisfaction and improvement of mood. The addition of melatonin, vitamin B6, 5-HTP and passionflower provide the extra support for a deeper sleep. **If this is not enough, use the cocktail of 3 products below to make your personal sleep cocktail.**
  2. **Sleep Cocktail – 3 individual products you can adjust dosing for personal protocol for what works best for you.**
    - a. **Phenotropic PM Ultra ( 1 cap at bedtime)**
    - b. **Insomnitil ( 1- 2 capsules at bedtime)**
    - c. **Melatonin –(adjust up to 21 mg at bedtime)**
8. **Binders- ( [www.Biopureus.com](http://www.Biopureus.com)- free shipping code: Klinghardt Academy)**
  - Zeolight ( ½ tsp 2-3 x day between meals or at bedtime)
  - Chlorella 8-16 tablets ( 250 mg each) 3 times per day 30 min before meals or at bedtime
9. **Heal the microbiome:** Matrix Minerals (peet extract) or Restore – one capful 2 x day removes glyphosate /herbicide residues from the gut microbiome 1 pipette 2-3 x day  
**USA Resource ( [www.Biopureus.com](http://www.Biopureus.com) Free Shipping Code: Klinghardt Academy**

## Procedure- Notes from Klinghardt lecture at Autism 1 and conference.

We always treat the HERV Human Endogenous retrovirus and Acquired Retrovirus before Lyme.

In our experience the activity of retroviruses creates the amazing difference between a symptomatic Lyme patient and an asymptomatic carrier of Lyme and co-infections. Electrosmog kills the healthy bacteria in your body activating the retroviruses. There is systemic presence of live endogenous retrovirus in all vaccines.

For Lyme patients that Test with our ART assessment-Retrovirus CD , now begin as below:

1. **Most important- Broccoli Extract ( RetroV 100 ) start with 200 mcg daily for 2-3 months.**
2. **Selenium Cysteine – 100 Take every day 800mcg /day**
3. **Cistus Tea – Biofilm Breaker**
4. **Vitamin D- K2 Daily**
5. **Regeneration Liquid with choline for bone health, collagen production, and skin/joint, cartilage**
6. **Retrov Herbal mix of herbs for support while on the Broccoli Extract capsules**
7. Wait for 6 weeks to 3 months to re-assess with ART
8. Patient comes back and we see what else is needed, could be to continue longer or a maintenance level of retroviral tx above or other modalities of treatment including the Psychological Work, as things clear in layers.

**2018 Full Lyme Solutions DVD and Manual available at [info@klinghardtacademy.com](mailto:info@klinghardtacademy.com)**

Other Treatments to evaluate after the retroviral treatment above:

Mycoplasma best treatments

1. **Olive Oil** – 2 Tablespoons, 2-3 X day ( **use organic from CA, not from Italy!**)
2. **Ozonated Olive Oil** –is like putting olive oil on steroids...very strong treatment
  - a. 2 Tbsps, 2-3 x day
  - b. Personal ozone machine to make ozonated oils - [info@resonateowellness.com](mailto:info@resonateowellness.com)  
<http://www.resonateintowellness.com/recoveru-store/> promo code: KLINGHARDT
3. **Rizole Gama, Rizole Kappa, Rizol Lamda – Ozonated Oils**
  - a. Source - [www.Biopureus.com](http://www.Biopureus.com) ( free shipping code Klinghardt Academy)
  - b. Made from Putting ozone in the oil for 6 weeks....
  - c. Anti cancer, Anti Viral, Anti Mold, Anti Retroviral
  - d. They do destroy your bowel floral...they do not hurt your own biofilm
  - e. Use compounds that have a low "MIC" value, a small amount kills a lot of bugs but has the same compound to not hurt the healthy bugs. Like Garlic, which has a low MIC value
    - i. MIC = Microbial Inhibition Concentration
  - f. Medical drugs have a high MIC value for everything... hurts your healthy bugs
4. **Rectal Ozone Application – HOCATT has Insufflation for rectal and vaginal**
  - a. When Patients do not have any good veins left for IV every day, fantastic treatment with steam/ozone
  - b. Ozone company – Recover U Tel: (416)463-2911 [info@resonateowellness.com](mailto:info@resonateowellness.com) individual tools :  
<http://www.resonateintowellness.com/recoveru-store/> promo code: **KLINGHARDT**
  - c. Pro sod catalase from PHP9 (Professional Health Products – so your hydrogen peroxide is cleared- watch the poison created from the ozone, which forms peroxide, not everyone can do this, check your SOD
  - d. Professional Health Products
    1. Homeopathic detox to clear SOD
    2. H2O Detox product to clear SOD
  - e. Urine therapy – 2 x day clears hydrogen peroxide
5. **Calendula** – 2 pipettes 3 x day for **bartonella**
  - a. Clears up skin eruptions – Biopureus.com promo code: Klinghardt Academy
6. **Worm/parasite remedies used for Cancer** –
  - a. Ivermectin (ovarian cancer)
  - b. Albendazole ( pancreatic cancer)
  - c. Alinia ( retrovirus) – Mold , Virus, Bacteria do stimulate mast cells

## Thyroid Treatment – Autoimmune Conditions

1. Selenium – high dose – 200 mcg 4-5 x day...at **least 800 mcg a day for it to work for autoimmunity** – Take this forever!!! It never becomes toxic with 800 mcg. Rely on this.
  - a. Helps the conversion of T4 to T3. If you get heart palpitations, you lower the dose of any thyroid med you are on.
  - b. Hashimotos patients also have the leaky gut, chrones, or rhermathroid arthritis
  - c. Some genetic issue with gluten, creates the leaky gut, tight junctions open up then you have autoimmune response
  - d. Auto-Urine Therapy – with patients own urine- only for those not on antibiotics or drugs
  - e. Iron oxidation – work on this.
2. Lymph Massage to mechanically drain the sludge / debris in the neck – youtube klinghardt lymph massage
3. Electrosmog- direct relationship between hours on the computer or in electrosmog, and hashimotos
  - a. - use the tips on our EMR guidelines for remediation- contact [info@klinghardtacademy.com](mailto:info@klinghardtacademy.com)
4. Infrared light to stimulate the uptake of the drugs, 1 hr or so on the full body “ Joovv light” or a few minutes on each side of the neck – tools- [info@klinghardtacademy.com](mailto:info@klinghardtacademy.com)

## Importance of Vitamin D3 and K2

- D3 is not a vitamin...it is actually a hormone needed to regulate many body functions.
- **Optimal levels in the body for D3 are 70 -100 ng/ml for optimal levels – have blood work checked.**
- Add D3 and K2 ( with MK 7) to the Detox Protocol – must always take these 2 together.
- **Environmental Toxins Block our D3 Receptors** – what we put on the skin, breath through our lungs and what we eat.
- **High Dose D3 5,000 – 10,000 iu daily** needed to over run the Toxins and kick them from the receptors
- **High Dose K2 – 1,000 mcg**
- Also use Live Microbes to Health the Gut or the product called : **Restore** by Zach Bush
- D3 helps sinus issues , colds, etc
- 5. **Helps full body hormones to rebalance**

**Methylation Activation Treatment** is to get your body to methylate using the Ion cleanse by AMD. [Why the footbath?](https://amajordifference.com/?utm_source=DHC)  
[https://amajordifference.com/?utm\\_source=DHC](https://amajordifference.com/?utm_source=DHC) :

**Methylation : Why is it Important to encourage Methylation ?** Methylation is a process which safeguards DNA from or exposes it to expression of its native retroviral sequences. These comprise a large stretch of the human genome in which they live as “long terminal repeats” – LTRs – of human endogenous retroviruses – HERVs

These long segments of human DNA are expressed when cells are starved for specific key nutrients, like selenium, glutathione and choline, or exposed to toxins, X-rays, benzene, cortisol, other carcinogens, stressors and illness, especially “auto-immune disease“; or when they are being created or rapidly dividing, such as in fetal tissue and the placenta. In other words, human beings produce HERVs (retroviruses) under stress and during development. These segments are usually wound tightly and guarded or locked in by chemicals – histones. Histone behavior can be changed by the addition of different chemical groups to the DNA. The star of the show in today’s research is called the ‘methyl group,’ whose activity on DNA is called ‘methylation.’ The foot bath methylation frequencies with the Ion cleanse have shown successful to aid in methylation, and used by our patients along with the RetroV K-protocol. What they do is get expressed when cells are demethylated, and tucked quietly away when cells are healthy. The Foot Bath Protocol followed by regular sauna treatments are the way!

### How Do You Methylate?

- Avoid carcinogens. Don’t poison your intestines.
- This is most important, because your immune system starts in your intestines, with what eat.
- Get enough protein of a good non-carcinogenic quality.
- Eat complex carbohydrates from un-refined whole grains.
- Eat green leafy vegetables, foods with B vitamins, and essential fatty acids. Don’t do drugs.
- **Foods to put in your diet: Garlic (or Brazil nuts) (selenium), Beet (choline, vitamin A), Lemon (Vitamin C), and, Olive Oil (Essential Fatty Acids for tissue repair) with the regenerative liquid.**
- Start the methylation by using the Ion Cleanse protocol [https://amajordifference.com/?utm\\_source=DHC](https://amajordifference.com/?utm_source=DHC)

**And most of all, take broccoli sprout extract, eat selenium, choline, regenerative bone building with vitamin D/K2 and vitamin C and A.**