

To be done in the AM:

- 1.) Obtain a prescription for 2% testosterone cream that is filled at a compounding Pharmacy. Have them place it in a tube and get a vaginal applicator that screws onto the tube.
- 2.) Draw up .5gm (1/8 tsp) into applicator, insert vaginally, and dispense the cream.
- 3.) Two sets of exercises must be performed:
 - a.) Every time you urinate, stop and start the stream- these are the exact muscles, you are trying to build up.
 - b.) During the day, clench these same muscles for about 10-15 seconds. Repeat 20-30 times per day.
- 4.) Continue this protocol every day until you have complete control of your urine. This will usually take about 6 days or less. If there is no muscle control at all, it may take up to a month.
- 5.) After control has been established, the testosterone cream (1/8 tsp) can be applied on the forearm or directly on the vulva if enhanced sensuality is desired.

Note

If testosterone is to be continued, reduce dosage to 1% after the first month.

For psychoactive drugs, total dosage can be cut in half, which may include a reduction in the number of pills, or if one pill, either breaking the tablet in half, or opening the capsule and pouring out half the powder and closing the capsule again.

Maintain the reduced dose for 3 days, then lower the number of pills or take half the dosage every other day for 3 doses. If no major withdrawal symptoms, then decrease dosage to every third day for 3 dosages. After this, stop the medication.

Using progesterone cream every 1-2 hours while awake can often help diminish withdrawal symptoms considerably.

For beta-blocker drugs, wait a week and follow the above protocol. If a tachycardia or sudden rise in blood pressure occurs, resume original dose.

For drugs preventing acid secretion it is recommended to reduce dosage to once every other day. If heartburn or reflux is experienced, use an antacid like Maalox, Mylanta, Tums, etc. If no problems, go to every 2nd day and continue on with the weaning process.

There is no easy way to get off narcotic medications – it is recommended that you taper off them as tolerated.

The body has an amazing capacity for healing itself. It cannot do so while you are exposing it to toxic medications. At our medical center, we prefer to treat the underlying cause of illness – and to avoid the use band-aids. Let us help guide you on your journey to wellness.