

Hi Brendan

Here is the 2 immune tinctures I am sending to you

One is for EBV which is the Pinus tea. A strong antiviral

The bitter cleanse tea used to be called the parasite tea. A strong anti-parasitic with bitters to help the liver detox the parasite.

This helps as you are methylation compromised

Put in water hot or cold as teas.

Your immune type:

Th9 which is a mast cell histamine reaction to immune situations

Hence we want to be avoiding drivers of this immune system and a low histamine diet till this immune drive is brought back to balance.

This can take 3-14 days depending on how stuck you are. No test can tell us that so it can only be done by doing the protocol and monitor you as you go.

What drives this immune type are mould and parasites

Both of which I believe are there in your history and confirmed by stool tests

These are things that quickly hide in your tissues and flare up under stress or exercise

Now we also need to do some sinus and nasal saline rinses that can be done as soon as you recover these things

I will write those in a separate email.

Let me know if you have any gut powders that you use. We can add some powders or quercetin to them to block th9

I would like to send to you one that blocks th9 but you may have what you need already

Nettle tea
Quercetin
Any amino acid powder

Look forward to hearing from you

I will send a separate email with foods to avoid and how to do the rinses

Let me know when the tinctures come in

Use yours until then

Cheers

Stewart

* Brendan did the initial protocol & then he continued care with Kate due to Stewart's workload.

* The next email was Kate clarifying a few things with Brendan before overtaking the case.

Hi Kate,

That's ok no worries and thank you again for your ongoing help.

SKIN:

How is your skin at the moment?

It's tricky to say in some ways it's improved as in the intensity of the itching isn't like it was and some patches have resolved but I also have new patches under my arms. I had to resort to some steroids cream to calm a couple of patches down as they were getting too visible that was making me a bit self-conscious. I didn't know it was common for it to get worse sometimes in the short term due to the parasite so that's handy to know.

Do you have any images you can send me of the skin so I know what we're dealing with?

Most of my itching I rectum and genitals at the moment but I have a small patch under my armpit at the moment I have attached which is small currently but I had other ones bigger that the steroid cream has reduced.

What have you tried for this in the past?

The naturopath I was seeing was just treating symptoms like inulin powder, zinc as we had done a type of parasite cleanse before but it didn't include any diet restrictions and I saw no change but this was for high b glucoronadaise levels no specifically for my skin

What products are you using on the skin currently? - soaps, creams etc.

I use moogoo moisturiser which helps manage it, it doesn't get rid of it and I use mamaku which is a gel from new Zealand

Has there been any change in your itching since following a low histamine diet?

Well I feel less intense itching but I'm not confident I have done the low histamine diet as good as possible as every low histamine food list you find says something different so do you have a good resource I could use?

My stools have been quite good since doing it actually which surprised me and I seem to be tolerating red meat better which I wasn't digesting well prior

IMMUNE:

How have you been feeling since using the two tinctures?

I've used them for 7-8 weeks but stopped for the last 10 days as I was sick and felt a bit lost. I was initially doing 10 drops twice a day but my skin started getting more patches so Stew said drop it to 5 twice a day and I'm taking zeolite as a binder

I wasn't as diligent with the nasal rinse which I can be better with if that's still what we need. I put the tincture on the skin but didn't notice any change but may have not done it long enough.

Thank you and I look forward to hearing your guidance from here where we need to go

Kind regards

Brendan

Hi Brendan,

Thanks for the update.

I completely understand resorting to a steroid cream - I've had multiple skin issues in the past so I can relate to the self-conscious part and just wanting to calm it down ASAP.

BRAIN-SKIN CONNECTION & PSYCHODERMATOLOGY:

- > The skin is a fascinating organ, not only is it a barrier & part of our
- > immune system, it's a detox pathway and an endocrine organ. There's the
- > brain-skin connection, where our nervous system can directly affect the
- > skin (think blushing with embarrassment, or sweating with stress). We
- > also release stress hormones within the skin itself. Unfortunately the
- > more we stress about our skin the worse it gets (it's a vicious cycle
- > that's very hard to break).
- >
- > Try and pay attention to how often you're thinking about your skin, how
- > often you're checking the skin in the mirror or watching other people
- > with envy about their clear skin etc. Don't judge your thoughts, as
- > it's normal. But just pay attention to how often it's coming up, as
- > awareness is the first part of healing!
- >
- > Stewart and I got exposed to mold a few years ago which caused a skin
- > reaction - and then hours lost picking apart the skin in the mirror
- > (literally and critically with our thoughts). A big reframe was to
- > imagine we were in some remote part of Africa or a country where
- > mirrors and shop windows didn't exist. Imagine if you never saw your
- > skin, how much stress that would relieve?! And we always think people
- > are paying more attention to us than they really are... this is called
- > the spotlight effect.
- > <http://psych-your-mind.blogspot.com/2011/08/spotlight-effect-youre-only-one-who.html>
- >
- > The other thing you might want to consider when getting armpit
- > irritation is the connection to the heart meridian. This Chinese
- > medicine approach may or may not resonate with you - but sometimes
- > there can be factors in our life that are irritating or "getting under
- > our skin" when it comes to matters of the heart, relationships, or
- > conflicting desires eg. wanting to start a business but having a big
- > fear of failure.

INFECTION & IMMUNE:

- >
- > We definitely consider parasites when it comes to itching and skin
- > irritations, especially around the genitals & rectum. It's great news
- > that the itching has decreased and the stools have improved since being
- > on those tinctures. The fact you can handle red meat also is a sign you
- > have better stomach acidity.
- >
- > If you have any more of the tinctures left, you could do a low dose
- > over the next week (5 drops morning and night), and then we increase it
- > for 3 days either side of the full moon (21st July) in a short sharp
- > burst (10 drops morning and night). This is when parasites are more
- > active so you can take advantage of this by introducing a higher dose
- > of herbs when they're out of their hiding holes. Make sure you continue
- > to take your binder (zeolite) and you can have an amino acid powder
- > (glutamine) if you have some.

> TOPICAL SKIN CARE:

- >
- > MooGoo have awesome products, but there's a step up we can do in terms
- > of topical skincare:
- >
- > For the skin rash topically, one of the best products to go after skin

- > infection is Biocidin LSF - this is a mix of essential oils + other
- > herbs in a liposomal format. It is mixed with phosphatidylcholine
- > (which is a component of the skin) so it will penetrate the skin
- > barrier nicely.
- >
- > It's just unfortunately a very expensive product. If you want to order
- > some, you can get it here:
- > <https://nutritionalmedicinenz.com/collections/our-formulations/products/biocidin-lsf>
- >
- > If you have no amino acid powder left, you might also want to consider
- > the gut powder from the same company to save on shipping:
- > <https://nutritionalmedicinenz.com/products/q-i-innercalm>
- > The quercetin in this powder would be anti-itch too.

COVERING ALL BASES:

- >
- > Simple, kind of obvious advice, but sometimes we forget to do the
- > simplest of things...
- >
- > Make sure you're using a natural deodorant and laundry powder for the
- > skin (you'll find these at most health stores).
- >
- > If you already use a natural deodorant, be aware some of these can
- > cause a rash too (if they have too much bicarbonate or essential oils).
- > No-pong is one of the most popular natural deodorants because it works,
- > but I've heard it can cause a lot of rashes. The best one I've found
- > that works is Noosa Basics.
- >
- > Treat yourself to new cotton underwear (as laundry liquids build up in
- > synthetic materials, or old underwear).

HOMEWORK:

- > Don't forget your sinus rinses :)
- >
- > And a low histamine diet, it's conflicting I know depending on the
- > website you look at... and sooooo many health foods to avoid which can
- > add to stress. So, just focus on clean whole foods over the week you're
- > doing the intense parasite cleanse, and during that week also avoid:
- > Fermented foods- no yoghurt, kombucha, pickles or pickled vegetables,
- > vinegar, avocados, chocolate, fish, no leftovers - seriously important!
- > Citrus, cheese, and avoid all alcohol.
- >
- > Easy peasy haha
- >
- > Let me know your thoughts & if you have any questions. Hopefully you're
- > ok with my loooong email instead of a follow up call (a little tricky
- > to navigate with different time zones and the toddler!!!). But can do
- > my best to jump on a call if you need me to.
- >
- > Kind regards,
- > Kate

Hi Brendan,

Just following up with you to see if you received my last email and if you have any questions :)

Kind regards,
Kate

Hey Kate,

Yeah I did thank you

Sorry I was working my way through it slowly coz I've had the kids by myself over the weekend.

So increase herbs to 10 drops twice a day from roughly the 18/7 to 24/7
Do I stop the herbs after this?

I've ordered the biocidin how often am I putting this on and how much do I use roughly? Just coz I have a fair few patches to put it on
I ordered the probiotic powder with the quertecin too

The leftovers part I wasn't doing before as I didn't realise that so that's probably another key reason I wasn't getting as good a result with the low histamine

Thank you again

Hi Brendan,

All good I was just double checking! I feel like I have my hands full with one teething toddler, so hats off to you if you are doing it alone with multiples!

Yes - increase the herbs 10 drops twice a day from 18-24th. Monitor bowel movements during this time (frequency, consistency or anything odd in the toilet!). Sometimes parasites are microscopic so you don't always see them with the eye. Also as you get closer to the 24th pay attention to anything unusual, such as joint pain & moodiness as that can be a sign we need to back off the supplements. It doesn't always happen, but it's good to be aware. Some people can also get night sweats (which is a good thing as we're wanting to drive your immune system that way).

The biocidin LSF is very strong, you don't need a lot. A little goes a long way on the skin, so just a drop on the skin and try disperse it over the most aggravated patches.

The low histamine diet is probably one of the hardest diets out there. We don't like to recommend it because sometimes it adds more stress to the situation. However if you think you can handle cooking fresh as much as possible that would be great. It's about being better, not perfect. And it's not really a diet problem, it's more about using the diet as a tool to calm inflammation & any excess histamine to help give you some relief with itch (while we go after underlying infections).

Happy full moon cleansing and touch base as you need throughout if you have questions.

Warm regards,
Kate

—

Hey Kate,

I hope you and the bub are doing ok now.

So today was the last day of the increased herbs

No side effects that I've noticed and bowels seemed to slow the first day of increasing herbs but have been fine since.

Just see where we go from here?

Do I keep taking the herbs but back at 5 drops?

Do I stay on the low histamine foods?

I ordered the gut supplement and skin supplement you mentioned but they haven't arrived yet so I'm hoping they will be here soon.

Still a fair bit of rectal and genital itching and some minor less frequent itching inside one of my ears but under my arms has calmed down and no spreads to any new areas.

Thank you again in advance

Kind regards

Brendan

Hey Brendan,

Doing well thanks! We have a teething toddler but other than that all is well.

I think if you are tolerating the herbs and your bowel movements are consistent, I'd like to stay at the higher dose if you can? 10 drops twice a day, at least for another week. No new rashes is great, & rectal/genital itching is such a telltale sign of some sort of infection/parasite so I think we keep going if your body lets us.

Pay attention to irritability, moodiness or joint pain in the next week. If this happens it's time to give your body a break (halve the dose & see if those symptoms disappear, or we stop completely for a couple of days).

Once the week is up I think it's important to pause for 2-3 days and just monitor how you feel - do you feel better or worse off the supps? Any new symptoms that arise? There's no wrong answer here... it will just tell us what we need to do next.

You can relax a bit with the diet. Still clean eating if you can, but if the itching intensifies on the introduction of histamine foods you might need to revert back again to low histamine diet.

So check in with me once you've finished the extra week (unless you need me sooner) and also let me know when your other products arrive. They're normally extremely fast with shipping but my mum ordered some recently and it was so slow. So perhaps they've changed mail carrier or something.

Anyway - biocidin LSF is an amazing product, probably one of the strongest infection killer supplements out there so we'll use it

topically and internally too.

Chat soon!
Kate

Hey Kate,

Thanks for your reply.

Yeah, I have a 2 and 4 year old so I feel your pain lol some days you don't even know what day it is or what planet your on with their sleep 🤔🤔

Ok cool I'll do that

It's funny the biocidin and proflora just turned up

Can you just confirm how I use them in terms of dose and frequency?

Just stick with the 1 tablet of proflora I'm assuming like it says but with the biocidin how do I use this for topical and internal?

Thank you

Hey Brendan,

Great news about the products arriving!

Let's hold off on the proflora & biocidin LSF internally, while we finish one more week of the teas. Then we'll pause everything for 2-3 days and you'll check in with me on how you're feeling off the supps.

But definitely start applying the biocidin LSF externally on any red patches of skin. If you're cautious then just choose a few spots and see how you respond. Let's start with applying it once a day, probably best after a shower right before bed (just use a thin layer - 2-3 pumps & disperse into your hand). It shouldn't burn or sting because of the phosphatidylcholine in the product, but if it does, dilute further with some coconut or almond oil.

Let me know how you go!

Kind regards,
Kate

Hey Kate,

I finished the week but had to drop the herbs back to about 7 drops each twice a day as 10 was starting to slow my bowels.

Still having rectal and a bit of genital itching with maybe a bit less intensity but not sure. A lot of my other patches have not itched a a week or so except the inside of one of my ears.

So should I now break for 2-3 days of the herbs? Or keep going at the lower dose? I may need to order more if I am continuing with them as I'm nearly out.

Thank you again

Hi Brendan,

Let's just pause everything for 3 days - all supplements. Let's see what happens with your body and how you feel overall. Better or worse. Much the same? Does the itching intensify or calm down? and also monitor constipation off the herbs.

If stopping the herbs doesn't fix the slow bowel by tomorrow, try the following:

- Make sure you're doing some vagus nerve stimulation (intense gargling gag, + stimulate gag reflex to make the eyes water) - an easy reminder is to do this when brushing teeth, or do some intense gargling before you eat a meal.

- x2 kiwi fruit in the morning can also help the bowels, or make it into a smoothie and add some MCT oil or coconut oil.

If kiwi is hard to get in season, take some vitamin C (2000-3000mg)

Because you have the Biocidin LSF, it's not necessary to order the other teas again right now. I think we'll move you onto that depending on how your body feels. I just want to give everything a break as we're not supposed to rev the immune system too long. Like a car engine, it can burn you out.

So enjoy the break from supplements, don't go too crazy with different foods or alcohol so we can monitor how you're really feeling.

Check in again after 3 days and we'll see what's happening!

Kind regards,
Kate

Hey Kate,

It's been a few days since stopping the herbs now.

Haven't gone crazy with food just had some dark chocolate and a few other histamine containing foods but no alcohol or anything as I'm not much of a drinker anyway.

Skin itchiness I'd say is similar to while on them but may a bit less intense. I think since getting the histamine diet right for a few weeks and the herbs has stopped further spread of it and some patches haven't returned but the ones I have are still a bit itchy but maybe less frequent.

I've been putting the biocidin on those patches still and the moogoo

Where do we go from here with the diet and supplements?

My stools have been fine I actually can't believe how good my gut is since doing the low histamine eating.

Kind regards

Brendan

Hey Brendan,

Thanks for checking in. It's good that you're not feeling worse off the supplements.

If you can let me know what you have left of the products in your supplement cupboard (eg. 1/4 bottle of xyz) I'll try make use of what you already have with the next steps.

Until I hear back from you, let's continue your eating habits as they are and let's introduce one pump of biocidin LSF under the tongue, morning and night. Best taken on an empty stomach & hold in the mouth for 30 sec to 1 minute. So maybe keep it on the bedside table and you can remember to do it upon waking & before bed.

Great news about the gut health improving - obviously histamine is a key issue for you. Hopefully once your infection load is taken care of your histamine cup won't easily overflow as you start to add the histamine foods back in. That's the plan anyway!

I may be a little slow to reply tomorrow (it will be my birthday here!) but will be keen to hear what supps are left + how you feel after taking the biocidin internally. It's a pretty strong product but I think you'll be ok since you just did a hardcore parasite cleanse.

Kind regards,
Kate

—
Hey Kate,

Oh nice I hope you have a great birthday and get some much needed time to yourself when you have a little one lol

The supps I have is zeolite (full), i3 fulvic (half full), the biocidin (mostly full) and the a full proflora (full)

Yeah just for reducing food prep stress I hope it improves with more time.

Should I continue with the biocidin on skin as well?

Should I order another bottle of the biocidin?

Thank you and have a good birthday 🎂

—

Hi Brendan,

Thanks for the bday wishes!!

If you're feeling ok with the 1 pump of biocidin morning and night, then let's increase this a little. Go slow as you increase this product. Try 2 pumps for 3-4 days to make sure you don't have a herxheimer reaction, and then if all is well you can increase it again. Max dose of biocidin is 3 pumps morning and 3 pumps in the evening. Be warned, it's probably the strongest supplement out there. I got intense night sweats with just 2 pumps (which is your body saying welcome to your Th1 drive - the infection killing pathway of the immune system). It's a good thing, but it can make you tired (just like when you're sick and running a fever).

Yes - continue with biocidin on the skin too. No need to order any more

for now.

Some zeolite and fulvic is good to introduce (as long as it doesn't constipate you). Try to take it away from the biocidin though - mid morning if you can and that will help with energy too.

One proflora in the evening with dinner.

So your routine will look like this:

Wake up: Biocidin LSF empty stomach. Start your day with some structured water in the morning (fulvic minerals in water)

Mid morning: zeolite (follow your dosage instructions on the bottle)

Evening meal: proflora

Bedtime: Biocidin LSF

To help with the gut restoration and skin itching, your best powder would be Alergenics from Metagenics.

I can set you up with a prescription (keep an eye out for a Metagenics email). This powder has everything: low dose glutamine to heal the gut without activating the immune system. Vit A which is good for healing leaky gut and increasing secretory IgA. Medicinal mushrooms like reishi and shiitake which drive your innate immune system. Milk thistle to support your liver (any skin issue typically needs liver work... but only after we deal with infection load first). Skullcap and perilla will also help reduce itch.

Let me know how you go with the biocidin & introducing the other supps. Get to work on ordering some alergenics and then we'll add that into the routine if all is well. I'm happy with your progress though. Slow and steady wins the race.

Kind regards,
Kate

Hey Kate,

I hope you're doing well.

I've progressed to 3 pumps of the biocidin now with no reactions. My skin is definitely improved since taking this. Even if I do get itching it seems to be at only a quarter of half the intensity and doesn't last as long. I don't want to finish the bottle in case it comes back haha

The alergenics turned up yesterday so should I start taking this yet?

Kind regards

Brendan

Hey Brendan!

I was only thinking about you a few days ago (I always figure no news is good news from patients haha!).

So I'm really happy to hear the progress with the skin and that you're tolerating Biocidin LSF well.

You can definitely do another round of biocidin, but it's important to pause for a few days in between as it's a strong Th1 driver and we're not meant to rev our immune system "engine" for too long.

A few Q's for you:

How much of the biocidin do you have left?
And how many drops are you tolerating at the moment per day?

Yes to starting the allergenics. I'm hoping this will help relieve the itch too. Follow the dosage instructions on the bottle (from memory it's one scoop twice a day). Because it has mushrooms in it, it's best to take this product in the morning and around lunchtime (as you don't want to have a heap of energy in the afternoon).

Also be aware we have another full moon today/tomorrow so pay attention to itching symptoms (parasitic driven itch will typically be worse around this time of the month).

Based on my notes I have you paid up until/booked in my calendar to the 21st of August - however I'm happy to see you through to the end of the month if you need more advice. And you can always reach out in the future if you want to continue care, but I'm really happy with how you're progressing. Skin issues are never quick to fix but it seems to be turning a corner.

Once we're done with biocidin topically I do have another cream in mind that is very good for itch - however I want to be sure we've gone after infection completely first. The other issue is that it's also very expensive product...again because it's liposomal. But it works wonders (see image attached with the before/after of a psoriasis client - just 8 weeks of treatment).

Let me know re the amount of biocidin you have left and how you go taking the allergenics!

Kind regards,
Kate

Hey Kate,

Sorry I meant to reply just had sick kids here so it's been a circus the last 3 weeks 🙄

I have about a quarter of a bottle left so maybe a couple more days at the current dose. I'm doing 3 pumps morning and night and I'm on day 3 or 4 of that.

Ok thank you. Are we able to do a call before the end of the month just to kind of cover what we've done and where to next? I would like to keep working with you till we finish the full protocol please.

Wow that is an amazing outcome with that cream 🤯 makes sense not to do that too early though.

Thank you 😊

** A few emails to arrange a follow-up call to suit time zones***

Hi Brendan,

No problem at all. Of course, let the wife sleep!! And I hope your daughter is feeling better soon.

How about we aim for Monday night here, Tuesday morning 6:30am your time? I'll pencil it in and we can always re-arrange depending on kids etc if you need.

Let's also see how you go over the weekend having finished the biocidin - I know it's scary to come off it when you've been doing well, but let's just see what happens. Try to take note, do you feel better or worse or no different off the supplement? How does the skin and itch feel?

That will dictate where to go from there. I'll send the zoom link over the weekend/early next week.

Kind regards,
Kate
