

Hi Alyssa,

It was great to chat with you today. I'll drop the video link here:

Let's revise some of the main points of the call.

### **Main health goals we want to address:**

- Granuloma Annulare + joint pain/swelling in fingers
- Migraines & reduce medications
- Gut (constipation, bloating, reflux)
- Anxiety
- Boost immune system & WBCs on blood test

### **Significant things in your history:**

- **Teen years:** History of migraines associated with gut issues= points to a vagus nerve issue (Gut-brain connection). Low vagal tone can lead to acid reflux, low stomach acid, constipation & a leaky gut.

- When you get a leaky gut, you get **sensitivities to foods that never used to bother you (eg. almonds, fruits)**

- Supplemented with Probiotics in the past (many probiotics release histamine - might have made things worse!)

- **Acid reflux meds suppress stomach acid.** Stress also suppresses stomach acid. We need acidity in the stomach to kill off infections > low stomach acid leads to microbial dysbiosis. The microbiome of the gut is directly communicating with the microbiome of the skin. Gut-skin connection.

- Recurrent "sinus infections" - treated with antibiotics - leads to fungal overgrowth.

- History of heavy periods (can be caused by candida overgrowth, indicative of high beta-glucuronidase on testing + brain fog and vaginal yeast infections). Too much estrogen from Candida also increases histamine, which is why you can feel worse around your cycle.

- **Mold exposure weakens the immune system, increases histamines and mast cell activation (MCAS). Excess histamine can lead to itching, hives, anxiety, headaches.** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10218803/>

- Genetic liver issues: MTFHR? A sluggish liver can cause seasonal allergies, inability to tolerate supplements, medications or toxins well.

- GA triggered by flu shot (heavy metals? viral load?) & trauma (known as the Koebner phenomenon - where trauma activates autoimmune skin conditions). Likely it was the "straw that broke the camel's back," as there were a lot of health issues preceding this event. Autoimmunity doesn't happen overnight. Trauma sets off an inflammatory response which we need for a few days, but some people get stuck in this inflammatory response and don't revert back to normal (autoimmunity).

GA is known to be associated with high cholesterol, diabetes/blood sugar regulation issues. It makes sense to address all of these things if we want to help your GA.

- High cholesterol can be a sign of poor liver function and viral load.

- A big clue of blood sugar dysregulation is feeling "hangry", or tired after a meal. One of the biggest drivers of blood sugar instability is stress (cortisol is a sugar).

**Clonidine** - this is an anti-hypertensive drug used for migraines: It reduces blood pressure by reducing signaling in the sympathetic nervous system (fight/flight system). Another clue that a key player in your migraines is stress/vagus n component.

The history of mold exposure is significant. Even though you are removed from the environment, mold spores and the mycotoxins (the poisonous gases mold releases) can live within you.

### Your protocol:

#### Month one: Vagus nerve stimulation to improve vagal tone, infection killing (candida, parasites, viral load) + Th1 immune drive

- We will start on **vagus nerve work** first to help your body feel safe and to improve digestion before taking any supplements (this can be done as soon as you receive the email). **I have attached a PDF for you:**
- **Supplements (Stewart will help organise these for you):**
  - We will drive your Th1 immune system with **Biocidin LSF** which will help boost your WBCs and help you fight mould and other underlying infections (candida, viral load).
  - **Sinus rinses** (saline solution in a neti pot + a few drops of therapeutic grade essential oil eg. frankincense, myrrh, copaiba or lavender). Doterra, Young Living or Mountain Rose Herbs are all good quality oils. Alternatively, just use **one pump of biocidin LSF** in the neti pot with some saline.
  - Inhalation of bergamot or lavender essential oil is incredibly powerful for calming the nervous system & anxiety. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10180368/>
  - **GI Detox** - this is a binder that will help pull toxins from the body.
  - **Epi-integrity gut powder** - Helps with histamine issues & heals the gut without activating a heightened immune system. This will improve your short chain fatty acids, as will **eating resistant starches:** <https://draxe.com/nutrition/resistant-starch/>

### Skin Care:

- Small pump of Biocidin LSF over GA at night
- Stewart will also post x2 small bottles of skincare which we will start to use later in the month.

### Diet:

Low histamine diet for first week + avoiding sugar and gluten.

This is not easy - as many healthy foods are high in histamine! But - it will help get your symptoms under control. It's important to not be afraid of these foods in the future or be reliant on diets, we just use them as a tool in the short-term.

**Avoid:** Fermented foods- no yoghurt, kombucha, pickles or pickled vegetables, vinegar, avocados, chocolate, fish, no leftovers - seriously important!  
Citrus, cheese, and avoid all alcohol.

**Keep coffee black** (no milks or nut milk alternatives). You can add **MCT oil** if you wish (this is antifungal) or **grass-fed butter** (which helps with short chain fatty acids). The other thing you might like to try is **reishi mushroom powder**, which is quite bitter and hides nicely in a strong coffee.

Ideally just clean simple eating eg. steak or chicken and vegetables. Don't overthink the diet (as we don't want to be adding stress to your situation).

### **What are we looking for in the initial stages?**

- Reduction in itching, allergies & stress/anxiety.
- Reduced joint & skin swelling.
- Vagus nerve work can help improve digestion. Less acid reflux & better bowel movements.

NB: some people can experience a bit more joint pain or anxiety when driving Th1 . This typically happens as you increase the dose towards the end of the 14 days. Please let us know if this is happening. It's not a bad thing, it just means we've reached our desired Th1 drive and we will reduce your dosage as needed.

### **2nd month plan: Liver detox & skin rebuild (more on this later if you decide to continue with our treatment).**

Please email back if you have any questions. There's a bit to read so we can clarify the dosage and timing of your supplements before you start.

Kind regards,

Kate & Stewart

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Hi Stewart and Kate,

For starters, thank you for all the information, descriptions, and goal setting you did for me. I'm looking forward to getting going after my trip to Panama (Memorial Day weekend I return).

I have a few questions to help me grow my own knowledge and some clarifications on parts of the protocol:

1. Should I go ahead and order the recommended supplements or do you have a website/ Wellevate account you use? If not do you recommend a specific brand for the mushroom powder?
2. During my 14 days should I avoid taking any allergy medicine such as Allegra or Zyrtec since that impacts the immune system?
3. Could you give me some extra food options for the 14 days as the only meat I eat is turkey and chicken (not red meat which I should have mentioned). Not sure what I would eat for breakfast. Would a plant protein shake be okay (I'm guessing not)?
4. Just so I know the purpose behind it, is the Neti pot for mold/spores removal from the nasal cavity?
5. I'm very curious how food left overs impacts how the body handles it so if you could briefly explain that I would love to know more :).

Finally, I'm thinking about how this may need to be a longer processes and what you think financially would make the most sense while working with you. Thinking I may need to

reconsider only purchasing 1 month of support. Let me know your thoughts after getting to know my case better.

Kind regards,  
Alyssa

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Hi Alyssa

1. I will send you 3 things

The gut powder with added mushroom

The immune tincture to kill off infections and apply to skin

The anti histamine probiotic

We will hold off on ginger tea as we will be using the gut powder instead

2. Initially take as needed while we put the natural support in place which optimises a th9 histamine response

We don't want to block it like the meds but just calm it down and use when needed

3. Yes I will send on a typical 14 day elimination diet

Fish and white meat absolutely fine

Pea protein powder would be ok in the morning

So would coffee and MCT oil with collagen

Bacon and eggs  
Omelettes

Will send down low histamine recommendations

4 your nasal and oral microbiome are entry points of infections from outside to the rest of the body

They are the breeding ground of hidden infections

The nasal microbiome can be affected by mold and other infections called MARCONS

This is breathed into the limbic part of the brain via the olfactory cranial nerve of smell

This causes hypersensitivity and anxiety to foods smells sounds lights chemicals and supplements. So this is part of calming down "anxiety" or sensitivity of nervous system that presents in the body as tightness of fascia, high blood pressure and fast heart rate.

5. they build up histamines

So fine for non histamine intolerant people

But for your immune type will make you worse

6. Yes we mentioned that this might be a 3 month reset process

The skin takes about 2 months to heal from the inside out and is affected by a heightened nervous system

Let's chat about this before you start and have all the products and program in place and feel comfortable with the plan before you start

Can chat them

Thanks

Stewart and Kate

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Hi Stewart and Kate,

I have been doing my vagus nerve exercises and Neti Pot (felt like the Lavendar in it went straight to my brain lol-very strong). I just wanted to touch base with you and see when you will be following up with more information on the elimination diet and supplement protocol. If I understood correctly, when you are in the US you plan to send the supplements. Let me know when I should expect them/or just when they are sent so I can make sure to check the apartment mailbox. I'm feeling like I'm getting worse by the day. I return from my trip in 4 days, so I'm exciting to start the protocol asap and very hopeful. Thanks again for everything!!

Kind regards,  
Alyssa

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Hi Alyssa

Great

Everything sent to your address to start after memorials Day

Here is the protocol for first 14 days

GI Inner calm once a day

Proflora capsules 1 with each meal

Biocidin LSF: Start with 1 pump A day in the morning under the tongue and absorb it. See how you tolerate that and then work up to 1 pump 3 times a day

Here are the dietary recommendations to put alongside your vagal tone and oils.

Chat when you get back

Stewart

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Hi Alyssa,

I hope you've had a good time away!

Great to hear you've started the vagus nerve exercises and Neti Pot with essential oils. Sometimes being consistent with the easiest things is not so easy! So you're off to a great start.

### **Low Histamine/Elimination Diet:**

I'll attach more **low histamine diet PDFs** for you. Perhaps even just consider doing 5 days of a low histamine diet (rather than getting overwhelmed with 14 days to plan out, as that's tough!). You can always google some "low histamine breakfast ideas" and see what recipes resonate with you.

Removing histamine driving foods from the diet will help stop your "histamine cup" from overflowing. And hopefully that will help keep symptoms such as migraines at bay. At the end of the day: this diet is a tool, but not your solution. It's way too restrictive (and stressful!) to do for too long. We also know that **stress is a driver for your immune system**, so the *last* thing we want to do is add more stress to your day about what on earth you can eat.

When you look at the low histamine options in the PDF: choose a protein, fat, grain or vegetable from the list & make a meal out of it. (eg. Steak with rice/quinoa & green vegetables). Just keep it simple - healthy, clean eating & try not to overcomplicate it as the diet isn't the most important part.

### **What now?**

- Let us know when all of your supplements arrive and when you plan to start taking them.
- Be aware that days 1-3 can be hard for some people, with fatigue or headaches being the most common thing experienced. I'll attach a guide about **herxheimer reactions**, as well as a PDF to help you taper in the dose for your **Biocidin LSF**. It's a very, very strong supplement so don't rush, just go low and slow to increase the dose.

We're excited for you to start too!  
Touch base with us once you're back.

Kind regards,

Dr Kate  
Functional Medicine Services

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Hi Kate and Stewart,

I got started today!

I received one package that included the probiotic, LSF, and 5 packages of GI inner calm.

Eating is a little bit of a challenge, so I think 5 days to start is more manageable.

Today I had a clean coffee with mushroom powder, a smoothie for breakfast with dragon fruit, blueberry, kale, cauliflower, rice milk, and collagen with some rice cake crackers.

Lunch I had a sweet potato with grass fed butter and arugula with some olive oil. Then, I snacked on some organic popcorn.

Let me know what you think! I don't have trouble with the vegetables but the meat being fresh for lunch is hard (I hardly eat red meat so it'll be mostly just chicken and maybe some white fish and steak), but let me know if having protein in each meal is that important and I will do better to incorporate it.

Dinner I have plans to have grilled chicken with zucchini and quinoa.

Also last week I tried to add mct oil to my coffee and I was super itchy all over my body so I think that doesn't work for me.

Day one almost complete

Please provide any feedback based on this information! Happy to make adjustments!

Kind regards,  
Alyssa

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Hi Alyssa

Thanks so much for the feedback I will go through this now with you

You don't have to have red meat. Fish or chicken would be fine, but yes protein at each meal. This can be done with the inner calm powder too that has protein powder in it

But I am happy with those choices if you are!

Interesting with the coffee. The information this tells us is you have a SIBO that lives off fat! Or MCT oil. It lets me know what type of gut infection you have and also how to deal with it

But you get a histamine reaction to fat, that's the trigger hence you are for sure th9. But we always go after what is being triggered which is an LPS bacteria in your gut. This will be take. Care of with the biocidin. But essentially avoid coconut oil MCT oil. Olive oil is fine to have raw or cooked

But that is a good first day

As we increase the biocidin tomorrow we can see if you tolerate the extra dosage.

Look forward to your feedback

Thanks

Stewart

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Hi Stewart and Kate,

That's so interesting about the coconut oil and I'm glad it was helpful information!!!

So today I definitely feel foggy and tired. I started taking the LSF a few days ago to kick start the process and increased to once morning and night and I feel it, but it's okay It makes me feel like it's working. I'm taking it easy I took a nap yesterday and am not going to go to the gym and use energy I don't have. I should also mention that I'm unsure if I have a cold on top of it bc my finance is sick, which may contribute to the tired and foggy feeling, but it's hard to tell.

The ginger lemon tea is DELICIOUS! I would drink those all day if I could. I will continue to take one at night until I complete all five, but would be happy to continue it or take more if it's helpful. I actually felt a little burst of energy after drinking it yesterday.

Today I did well eating, I'm adjusting to the changes, which makes it easier to choose foods. Same smoothie for breakfast as yesterday (added some pea protein this time) with rice cakes and chicken with mixed greens and quinoa with olive oil for lunch.

Thanks for your help!!

Kind regards,  
Alyssa

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Hi Stewart and Kate,

Today is day 5 and I'm looking to see what's changing and what's staying the same going forward. I'm finishing up the GI Inner Calm supplement today, is that the last I'll take of that? Also, I I'm going to stick to LSF 1 in morning, 1 at night for now. I tried to increase to a third pump to see how it would go and had a really rough day yesterday (you did warn me!!). I referred back to the schedule in the pamphlet you sent and will follow as it says.

The diet I've gotten used to. It's not fun by any means, but not difficult anymore either. Let me know your thoughts on if continuing with that would make sense if it's not causing stress.

Kind regards,  
Alyssa

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Hi Alyssa

Hopefully the ginger was fine for you. Your bowel movements should be better

Let us know if anything changes once you have finished it today

How is the skin?

Continue with the dosage in pamphlet for day 6 yes please

When you said rough day let me know what happened. Gut stuff? Skin? Headaches? Pain? Fatigue?

The diet is secondary to the immune issues. We will definitely be adding food back in from day 14.



We could start doing back on day 7 of gut and bowel movements are ok after no more inner calm

Let us know

Thanks

Stewart

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Hi Stewart,

The ginger was completely fine for me and I actually enjoyed it. My bowel movements have been more frequent starting 2 days ago. Yesterday, I put the grass fed butter in my coffee and I think that loosened my bowels a little too much. Today, I did not and they are on the looser side still but not as much as yesterday.

Wednesday is when I did the three pumps and I felt it yesterday A LOT. Every other day so far I was feeling tired, fatigued, and brain fog, but it was manageable. When I increased to 3 pumps by the afternoon I felt dizzy, almost like I was getting brain zaps and had a headache since the morning. I felt like how you might feel if you were getting sick. I was having a lot of stress/anxiety at work and I don't know if feeling bad made it worse or if my stress made me feel worse. I tried to drink some Tulsi tea and relax because I know the stress response is important right now. I laid down when I got home for a few hours, but didn't fully recover until this morning. I feel much better today and just feel a little foggy and tired again (comfortable amount). It seems like the headaches I'm getting are directly from the detox though not a full migraine which is good.

When I wake up in the morning my finger joints hurt and feel stiff, and they feel that way throughout the day but less as the day goes on. I'm seeing some improvements. The swollen middle finger looks a bit less swollen, but still has a ways to go. The redness is light but still visible on all fingers. When I eat I get a bit of flair up on my hands which is consistent with what happened previously, but nothing has seemed to completely set it off (probably since the diet is keeping it under control).

Let me know if you need details on anything else!

Thanks,  
Alyssa

I should also add I've been needing to nap everyday and I've had a very sore throat the last few days which is an interesting side effect-but I read it could be from the detox.

Kind regards,  
Alyssa

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Hi Alyssa,

Yes also viral load

Can do an oral rinse with the biocidin

Or coconut oil pull with a pump of biocidin

Yes if not just stay at 2 pumps

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Hi,

It's safe to say I think I've gotten almost every symptom in the books from this detox. I'm having trouble with my meals now, as my appetite seems to have decreased and my bowels have become urgent and loose at times. I am wanting to reach for plain foods and comfort foods which may be low histamines but mostly carbs (example: rice cakes, rice krispies-whole foods gf version, etc).

I also had a really tough time sleeping last night as my throat was still very sore even after the LSF rinse. I woke up several times. Today I'm experiencing joint pain/discomfort and muscle stiffness. The bright side is that it's clear to me it's doing something!!! The difficult part is that the symptoms don't seem to decrease and I continue to take on new discomforts as the days go on with still 2 pumps a day. I hope this is normal at 7 days in.

Let me know your thoughts!

I appreciate your support along the way :)

Alyssa

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Hi Alyssa

Ok thanks for email

When we get die off like this we either do 1 of 2 things

Ease up on killing

Or

Add more of the binders to prevent reactions from die off

Let's do both

So go to

1 pump per day of biocidin

2 capsules of GI detox twice a day

Till this eases up

As you want to get to sleep and prevent loose stools which the binders help with

Let me know how that does in next day or two

It's almost the end of 2 weeks!

Stewart

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I'm really glad I reached out yesterday. Last night I continued to get worse I felt sick and feverish. I took my temperature and it ranged from 99.5-99.9 and was feeling very congested. I was able to get in 3 of the GI binder supplements since I took it late in the day and only did the 1 pump of LSF in the morning. Today woke up feeling a lot better and back to the regular lethargy, headaches, brain fog, etc. I took the 2 in the morning of the GI binder and will take 2 tonight.

Can't believe how strongly my body has been reacting. Pat had Covid last week and I keep going through phases of thinking I must have it, testing, and then bouncing back the next day which is clearly not covid or else I would get progressively worse.

Just wanted to give an update!

Kind regards,  
Alyssa

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Hi Alyssa

Yes what we are doing is driving TH1 for you at the moment

So welcome to your th1 immune system! We get fevers with this as we are fighting infections which is what we want for the first 2 weeks. This is what you have not been able to do to fight infections as you are th17/th9

But it has to be comfortable for you and allow you to sleep and without headaches

So we can go slower and take more binders to help that which is what you did.

But it does let us know that the liver needs some love. If the liver is congested then it can't get rid of these infections or toxins. Hence the reactions you get

We will be working on energy and liver next month after we tester the gut and immune system!

Stewart and Kate

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Hi,

Since you had me increase the GI binder, yesterday I felt comfortable doing a pump of LSF in the am and 1 in the pm again and today I actually feel better than I have in the last 10 days. I feel a little less foggy. I am still experiencing lots of mucus and some chest congestion but nothing crazy. I also woke up hungry this morning, which is great because eating has been tough the last few days.

Seems like increasing the GI binder made a difference for me.

Today I will complete the probiotics I have, leaving me with only the LSF and GI Binder left.

Let me know what's in the protocol for the next few days to finish off my 14 days and then the following week, knowing that I don't feel as crummy today 😊

Kind regards,  
Alyssa

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Hi Alyssa

That's good news

Maintain the biocidin and GI binder at same level for the next few days till day 14.

We will then take a break for 3 days

This will help us decide if the first 14 days has worked and come to an end, meaning so signs of any infection returning.

At that point of all is week we will start to calm the immune. And nervous system down

We do this with 2-3 supplements

I believe you have fish oil or cod liver oil?  
Vitamin D?

Any glutathione?

If not I will send along

Thanks

Stewart

Diet wise we will be bringing back rice and potatoes which will help calm everything down and heal the gut.

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Hi Kate and Stewart,

Thanks for the updates!

Oh no!! I've been having rice and potatoes!! I thought I could with a meat and vegetable! I hope that doesn't mess it all up! And was eating rice cakes as a snack too! I googled it and it was low histamine so I thought I was in the clear.

As for the supplements I have the following but cheap versions:

D3

Omega 3 fish oil

No glutathione!

Kind regards,  
Alyssa

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Hi Alyssa,

That's great to hear you're improving with the extra binder.

I've been following your journey and reading all the emails - just Stewart kept winning the race to answer them as he was in your time zone! We're back in the same hemisphere now :)

It's ok to finish the probiotics. No need to restock

Continue as you are - with the Biocidin LSF and GI binder

Once you reach 14 days we stop everything for 3 days. It's good to take a break and monitor how you feel off the supplements. Do you feel better? Worse? Same?

That will tell us what we need to do next.

My guess is that we'll be still going after infections as there definitely seems to be some layers were uncovering with you. And to be honest, it usually is layers when it comes to chronic skin issues.

I love that you didn't panic when you felt worse/had detox reaction. Some people panic that it's the wrong supplement or a "new problem", but in reality it's just revealing your underlying issue. It's bringing infections to the surface and they're putting up a fight.

You've handled this very well (better than most) so congrats to you!!!!

When you come off the supplements don't go crazy with introducing new food - keep your diet much the same if you can so we know what we're working with as we monitor any symptoms.

Reach out at any time & also let us know how much product you have left at the end of the 14 days so we can organise what to do next.

Warm regards,  
Kate & Stewart

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