



RCP Instruction Manual

Version 9.3 -- Updated April 3rd, 2019

TO ACHIEVE THE FULL BENEFITS OF THE ROOT CAUSE PROTOCOL, IT'S BEST TO START BY EDUCATING YOURSELF.

THEREFORE, PLEASE READ THIS DOCUMENT IN ITS ENTIRETY BEFORE YOU IMPLEMENT ANY OF THE STEPS.

As updates occur, this document will be updated, so please make sure that you stay subscribed to the RCP mailing list. The RCP Instruction Manual is totally FREE, but if you want to share it with a friend, please DO NOT email them a copy of the PDF -- instead, please ask your friend [download their own copy](#) so that we can ensure EVERYONE receives updates.

To see **WHAT'S NEW in v9.3**, go to APPENDIX B: Document Change History.

RCP SUGGESTED DAILY SCHEDULE - **STARTS**

Begin the RCP by starting with **Phase 1** items first. Then add additional items slowly. (See FAQs)

Dosage Notes are in the "Recommended Products" section of this document.

Throughout the Day		
Product	APPROXIMATE Dosages	Phase
Trace Mineral Drops	~1/2 tsp (mix w/ gallon of water to sip on throughout the day)	1
With Breakfast		
Magnesium Malate	~200mg, see dosage notes	1
Cod Liver Oil	~900mcg / 3,000 IU, see dosage notes	1
Bee Pollen	~½ - 1 tsp, see dosage notes	2
Beef Liver	~1,500mg, see dosage notes	2
Boron	~1 - 3mg	3
Iodine	1 serving, see dosage notes	3
Mid-Morning (away from food)		
"Adrenal Cocktail"	1 serving (mix in OJ or water)	1
Wholefood Vitamin C	~400mg	1
With Lunch		
Magnesium Malate	~200mg, see dosage notes	1
Wholefood Vitamin E Complex	1 serving, see dosage notes	1
Beef Liver	~1,500mg, see dosage notes	2
Mid-Afternoon (away from food)		
"Adrenal Cocktail"	1 serving (mix in OJ or water), see dosage notes	2
Wholefood Vitamin C	~400mg, see dosage notes	2
With Dinner		
Taurine	~500mg, see dosage notes	3
Evening		
Magnesium Glycinate	~200mg, see dosage notes	1
Topical Magnesium	1 application, see dosage notes	1
Right before bed, or first thing in the morning (away from food)		
Rice Bran	~1 - 2 tsp, see dosage notes	2
Diatomaceous Earth	~½ - 1 tsp, see dosage notes	3

The Purpose of the **STOPS** and **STARTS**

Stated very simply, The Root Cause Protocol (RCP) is designed to:

- 1) increase bioavailable COPPER in order to...
- 2) decrease unbound IRON and...
- 3) decrease the MAGNESIUM burn rate in order to...
- 4) repair cellular mineral imbalance -- the ROOT CAUSE of virtually ALL health challenges.

Stated more scientifically, the RCP is designed to help the body "make" Ceruloplasmin and "empower" Ferroxidase in order to reduce oxidative stress and inflammation.

- Ceruloplasmin (Cp) is a Copper dependant protein that, in a healthy body, enables Ferroxidase function.
- Ferroxidase (FOX), the "Active" form of Ceruloplasmin, is the Enzyme that regulates (or "chaperones") Iron and prevents it from "rusting" / oxidizing. Ferroxidase is the master antioxidant enzyme that regulates Iron status in the body.
- Dysregulated, unbound, excess Iron is the greatest source of oxidative stress and inflammation in the body.
- *Learn more about these and other key scientific terms in APPENDIX A of this document, and by purchasing access to [The Root Cause Protocol 101 Video Series](#), 5+ hours of conversation between myself and Dr. Ben Edwards.*

For 9 years, I've been researching the peer-reviewed, scientific literature from around the world (dating back to 1948) on the subject of how to increase Ferroxidase function. This body of research shows that each of the **STOPS** disrupt Ferroxidase function. And conversely, each of the **STARTS** improve Ferroxidase function.

Currently, and quite unfortunately, there are no lab tests available to consumers for measuring Ferroxidase function. Given this restriction, it must be "triangulated," based on

several blood and hair-tissue markers, as well as overall bodily function and symptoms. This approach is directionally correct, but far from definitive. (For more on this, see [How To Order Blood & HTMA Lab Tests](#), and [What Are The Ideal Lab Test Values?](#))

STOPS (PHASE 0)

- 1) **STOP** Taking Iron Supplements
- 2) **STOP** Taking Vitamin D3 Supplements
- 3) **STOP** Taking Calcium Supplements
- 4) **STOP** Taking Zinc Supplements
- 5) **STOP** Taking Molybdenum Supplements
- 6) **STOP** Taking “Drugstore” Once-A-Day Multivitamins, Prenatals, etc.
- 7) **STOP** Using Synthetic forms of Ascorbic Acid, Citrate, & Citric Acid
- 8) **STOP** Using High Fructose Corn Syrup (HFCS) & Synthetic Sugars
- 9) **STOP** Using Industrialized Omega-6 Oils (e.g. Soybean Oil, Canola Oil, etc.)
- 10) **STOP** Using Fluoride (toothpaste, water, etc.)
- 11) **STOP** Using Colloidal Silver as an Antibiotic
- 12) **STOP** Eating Low-Fat, High-Carb, Processed, Refined Foods

Just stopping these 12 items -- **PHASE 0** -- is likely to make an impact. And, it's FREE! :)

If you want to dig deeper and learn the scientific research behind each of these **STOPS** (and the **STARTS** as well), please purchase access to [The Root Cause Protocol 101 Video Series](#), 5+ hours of conversation between myself and Dr. Ben Edwards as we discuss dozens and dozens of peer-reviewed articles that are the basis of this protocol.

FAQs (Part 1)

“Do I need to follow ALL the **STARTS** EXACTLY for this to work?”

Many people see the word “protocol”, and they start envisioning an airplane pilot going through a pre-flight checklist with *exact* steps and *exact* sequences. The Root Cause Protocol is intended to be different -- it’s about pursuing the right *direction*, not attaining *perfection*. (Please read that again and let it sink in!!!)

You do NOT have to do every **START** in the exact right in order and dose to begin repairing cellular dysfunction. (In fact, just quitting the **STOPS** alone has notable positive impact.) This is a *process*, not a *recipe*. So please, stop stressing, and just begin moving forward -- quit doing the **STOPS** *today*, and then *slowly* begin implementing the **STARTS**, step by step, phase by phase.

“When should I begin each PHASE?”

Unfortunately, the answer is, “it depends”, because it’s based on how your body reacts to each nutrient. The “course record” is a woman who implemented all of the **STARTS** within the first few weeks and felt dramatic changes within 60 days.

Then there are others who’ve taken 18 months (or longer) to implement these **STARTS** because their bodies needed that much time to detox and acclimate. Your mileage will vary. Listen to your body. And if you would like personalized help, [work with an RCP Consultant](#).

“How long do I need to follow these steps?”

The Root Cause Protocol is a *lifestyle* change -- your body will *always* need minerals like Magnesium and Wholefood Vitamin Complexes like A, C, E, etc.

The **STARTS** are designed to be followed indefinitely as they are the key nutrients missing in the modern diet today, laden with refined and processed foods. The Phases are also additive -- when you begin Phase 2, you should still continue following Phase 1, and so on.

Please understand that The Root Cause Protocol is ultimately about *education* and *empowerment* -- my desire is to help you understand the *root cause* of your health challenges so that you can implement these steps and take greater control of your health.

STARTS - RECOMMENDED PRODUCTS

The following products have been used by members of the RCP Community and have been shown to be effective for most people over the course of time. (Please note that these products fall under the scope of [the Medical Disclaimer](#), which you agreed to when you signed up to download this RCP Instruction Manual.)

For each product, we've done our best to provide multiple links (Amazon, iHerb, etc.) to make this easy for you. And wherever possible, we've also added International options. For convenience, you can find several "RCP Product Kit" options on the next page.

Some of the links use an "affiliate code" and by purchasing from that store, you'll be supporting this organization without any additional cost to yourself.

- If any of these links are out of date, or if you would like to suggest a product for consideration on this list, please [contact Customer Service](#).
- If you would like to talk to someone and get personalized help, please [work with an RCP Consultant](#).

RCP PRODUCT KITS

For your convenience, several companies in various regions have created RCP Product Kits.

Jigsaw Health (USA & Worldwide)

- [RCP Phase 1 Kit](#) - 2 month supply of all 6 steps of Phase 1 for \$219 (USD)
- [RCP Phase 2 Kit](#) - 2 month supply of all 3 steps of Phase 2 for \$64 (USD)
- [RCP Phase 3 Kit](#) - 2 month supply of all 4 steps of Phase 3 for \$44 (USD)
- Items sold separately [here](#).

Corganic (USA & Worldwide)

- [RCP Starter Kit \(Cod Liver Oil as Softgels\)](#) - 1 month supply of 6 products for \$227 (USD)
- [RCP Starter Kit \(Cod Liver Oil as Liquid\)](#) - 1 month supply of 6 products for \$181 (USD)
- Items sold separately [here](#).

Naturally Replenish (Australia)

- [RCP Starter Kit](#) - All of the RCP products in one kit for \$445 (AUD)

KimiKim Organics (Australia & Singapore)

- [RCP Mineral Balance Kit](#) - Most of the RCP products in one kit for \$297 (AUD)
- [RCP Mineral Balance Medium Kit](#) - Some of the RCP products in one kit for \$276 (AUD)
- [RCP Mineral Balance Basic Kit](#) - Several of the RCP products in one kit for \$192 (AUD)

Ancient Lakes Magnesium (Australia, EU, USA)

- [Sample Packs & Bundles \(Australia\)](#) - Various RCP products at varying (AUD) prices.
- [Sample Packs & Bundles \(UK & EU\)](#) - Various RCP products at varying (EUR) prices.
- [Sample Packs & Bundles \(USA\)](#) - Various RCP products at varying (USD) prices.

Detox People (EU)

- [RCP Phase 1](#) - 2 month supply of all 6 steps of Phase 1 for £204

STARTS (PHASE 1)

1) **START** Taking Mineral Drops

Dose / Notes: Mix into drinking water, sip throughout the day.

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
Aussie Trace Minerals	<ul style="list-style-type: none">• JigsawHealth.com• SeaMineral.com
Anderson's Sea M.D.	<ul style="list-style-type: none">• Amazon• Corganic.com• AndersonsHS.com
Concentrace Trace Mineral Drops	<ul style="list-style-type: none">• Amazon, iHerb, VitaCost• TraceMinerals.com
Amena's Daily Boost	<ul style="list-style-type: none">• Amenas.com.au (Australia)
Ancient Lakes Ionic Magnesium "Bitterns"	<ul style="list-style-type: none">• AncientLakesMagnesium.com (Australia)• TreatMeNiceUK (UK / EU)• AustralianPureMagnesium.com (USA)

2) **START** Taking The “Adrenal Cocktail”

Dose / Notes: 1 - 2 times per day, usually around 10am & 2pm as it’s better to take this away from food. Most people start with once per day, and eventually work up to twice per day after several weeks or months, depending on how their body responds. Following are several pre-mixed products, but you can also make this yourself using any of these [recipes](#).

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
Jigsaw Adrenal Cocktail + Wholefood Vitamin C (available as a powder in single serving packets or jar; or as capsules)	<ul style="list-style-type: none"> ● Amazon - Packets or Jar or Capsules ● JigsawHealth.com - Packets or Jar or Capsules ● Naturally Replenish - Jars or Capsules (Australia) ● KimiKim - Jar or Capsules (Australia & Singapore) ● DetoxPeople - Jar or Capsules (UK & EU)
Corganic Adrenal Cocktail Kit (mix together yourself)	<ul style="list-style-type: none"> ● Corganic.com
Ancient Lakes C + Salts Kakadu Plum Mineral Support (pre-mixed powder or capsules)	<ul style="list-style-type: none"> ● Ancient Lakes Mag - Powder or Capsules (AUS) ● Treat Me Nice UK - Powder or Capsules (UK & EU) ● AustralianPureMag - Powder or Capsules (USA)
<u>Optional:</u> Adrenal Support - Ashwaganda	<ul style="list-style-type: none"> ● iHerb ● GaiaHerbs.com

3) **START** Taking Wholefood Vitamin C

Dose / Notes: 400mg - 800mg per day of Wholefood Vitamin C. Most people start with 400mg per day, and eventually work up to 800mg per day after several weeks or months, depending on how your body responds.

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
Jigsaw Adrenal Cocktail + Wholefood Vitamin C (available as a powder in single serving packets or jar; or as capsules)	<ul style="list-style-type: none"> • In addition to containing the ingredients for the Adrenal Cocktail, this formula also contains 400mg of Wholefood Vitamin C (as Acerola) per serving. See links in previous step for purchase options.
AmaFruits Acerola powder	<ul style="list-style-type: none"> • This is included in Corganic's Adrenal Cocktail Kit. See links in previous step for purchase options. • Also sold separately on AmaFruits.com and Corganic.com
Organic Camu Camu powder	<ul style="list-style-type: none"> • Amazon, iHerb, VitaCost • NavitasOrganics.com • KimiKimOrganics (Australia & Singapore)
Ancient Lakes Pure Kakadu Plum Wholefood Vitamin C	<ul style="list-style-type: none"> • Ancient Lakes Mag - Powder or Capsules (AUS) • Treat Me Nice - Powder or Capsules (UK / EU) • AustralianPureMag - Powder or Capsules (USA)
Innate Response Vitamin C-400 (TABLETS only) (Ignore the "Ascorbic Acid" on the label as we have confirmed with the company that this is a weird regulatory issue and the product is indeed from wholefoods only.)	<ul style="list-style-type: none"> • Amazon, iHerb • InnateResponse.com
Pure Synergy's Pure Radiance C	<ul style="list-style-type: none"> • Amazon, iHerb, VitaCost • PureFormulas.com

4) **START** Taking Magnesium

Dose / Notes: The optimal dose is ~5mg of “Elemental” Magnesium per pound of body weight, per day (or ~10mg of Magnesium per kilogram of body weight, per day). So if you weigh ~200lbs (or ~90kg), your eventual goal is 1,000mg per day using Magnesium rich foods AND oral Magnesium supplements AND/OR topical Magnesium. This dosing formula was originally created by Mildred Seelig, PhD. And you’ll most likely need to build up to this dose over the course of several months, based upon bowel tolerance. Choose A) a form of Magnesium Malate, B) a form of Magnesium Glycinate, and C) a form of topical Magnesium from the recommended products below:

A) Oral Magnesium <u>Malate</u> (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
<p>Jigsaw MagSRT (B-Free) (time-release tablets; 500mg of Magnesium Malate per serving. And while you do want to limit Omega-6 oil intake, the amount of Sunflower Oil used is miniscule and therefore, negligible.)</p>	<ul style="list-style-type: none"> • Amazon • JigsawHealth.com • NaturallyReplenish.com (Australia) • KimiKimOrganics.com (Australia & Singapore) • DetoxPeople.eu (UK & EU) • Promedics.com (Canada)
<p>Jigsaw MagPure Malate (capsules; 100mg of Magnesium Malate per serving)</p>	<ul style="list-style-type: none"> • Amazon • JigsawHealth.com • NaturallyReplenish.com (Australia) • KimiKimOrganics.com (Australia & Singapore) • DetoxPeople.eu (UK & EU)
<p>Organic 3, Inc. Wake Up Maggie (200mg of Magnesium (as Malate, Orotate, and Taurinate) and plus Boron (Magnesium co-factor) per scoop of powder)</p>	<ul style="list-style-type: none"> • Corganic.com • Organic3.com
B) Oral Magnesium <u>Glycinate</u> (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
<p>Jigsaw MagNow (200mg of Magnesium Glycinate plus Potassium Bicarbonate (Magnesium co-factors) per scoop of powder; available in single serving packets or jars)</p>	<ul style="list-style-type: none"> • Amazon - Packets or Jars • JigsawHealth.com - Packets or Jars • NaturallyReplenish.com - Packets (Australia) • KimiKimOrganics.com - Jars (AUS & Singapore) • DetoxPeople.eu - Jars (UK & EU)
<p>Jigsaw MagPure Glycinate (capsules, 50mg of Magnesium Glycinate per serving)</p>	<ul style="list-style-type: none"> • Amazon • JigsawHealth.com • NaturallyReplenish.com (Australia) • KimiKimOrganics.com (Australia & Singapore) • DetoxPeople.eu (UK & EU)
<p>Organic 3, Inc. Goodnight Maggie (100mg of Magnesium (as Bisglycinate chelate and Oxide) per capsule)</p>	<ul style="list-style-type: none"> • Corganic.com • Organic3.com

Doctor's Best Magnesium (Bisglycinate)	<ul style="list-style-type: none"> • Amazon, iHerb, VitaCost • DrBVitamins.com
Pure Encapsulations Magnesium Glycinate (120mg Mag Glycinate capsules; we do want to limit intake of synthetic Vitamin C, but the amount of Ascorbyl Palmitate is negligible)	<ul style="list-style-type: none"> • Amazon
C) Topical Magnesium Lotion or Oil (choose one or more -- Lotion is generally better tolerated on the skin than oil, but oil can be mixed into water for a good "foot-bath soak", so it's difficult to recommend one or the other)	Links (Available in USA & Worldwide, unless noted otherwise)
Health and Wisdom (Oil)	<ul style="list-style-type: none"> • Amazon, iHerb, VitaCost, Health-and-Wisdom.com
Ancient Minerals (Lotion or Oil)	<ul style="list-style-type: none"> • Amazon - Lotion or Oil • JigsawHealth.com - Lotion • EnviroMedica.com - Lotion or Oil
DermaMag (Oil)	<ul style="list-style-type: none"> • Amazon, DermaMag.com
Mo' Maggie (Lotion)	<ul style="list-style-type: none"> • MoNatural.com
Malle's Magnesium Oil	<ul style="list-style-type: none"> • Amazon, Corganic.com, TheMagnesiumCo.com
Ancient Lakes Magnesium Oil	<ul style="list-style-type: none"> • AncientLakesMagnesium.com (AUS) • TreatMeNiceUK (UK & EU) • AustralianPureMagnesium.com (USA)
D) Other Magnesium Alternatives	Links (Available in USA & Worldwide, unless noted otherwise)
Epsom Salt (for a bath or foot soak)	<ul style="list-style-type: none"> • Available at just about any local drugstore
Ancient Lakes Magnesium Salt	<ul style="list-style-type: none"> • AncientLakesMagnesium.com (AUS) • TreatMeNiceUK (UK & EU) • AustralianPureMagnesium.com (USA)
DIY "Magnesium Water"	<ul style="list-style-type: none"> • Instructions for making Magnesium Bicarbonate by MJ Hampstead
E) Magnesium rich foods (choose Organic whenever possible)	
<p>Please note, while I have included this list of Magnesium rich foods, it's basically impossible to reach Mildred Seelig's optimal daily dose (noted in the intro to this section) with food alone. Also, nearly all of these foods also contain Calcium. So you CANNOT rely on food alone to repair a Calcium-Magnesium imbalance.</p> <ul style="list-style-type: none"> • Nuts (Cashews, Brazil, Almonds) • Seeds (Sunflower, Pumpkin, Chia, Flax, Hemp) • Dark Leafy Greens (Mustard, Collard, Beet, Chard) • Legumes (Black Beans, Lentils, Chickpeas) • Whole Grains (Oats, Barley, Buckwheat, Quinoa) • Fish (Halibut, Salmon, Mackerel) • Dark chocolate, Unsweetened cocoa 	

5) **START** Taking Cod Liver Oil

Dose / Notes: Cod Liver Oil (CLO) is a wonderful source of naturally occurring Vitamin A (as Retinol), which is crucial for activating bioavailable Copper. The Omega-3s in CLO are also beneficial, but the naturally occurring Vitamin A is what we're really seeking to get.

For adults, start slow and build up to a dose of CLO that delivers 900mcg / 3,000 IU of Vitamin A per day. For children, the Recommended Daily Intake (RDI) for Vitamin A begins at 400mcg / 1,333 IU and increases to 700mcg / 2,333 IU as they age; lactating mothers require up to 1,300mcg / 4,333IU; see [these RDIs for more info](#). Also, please be aware that Cod Liver Oil may have a natural propensity to thin the blood.

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
<p>Rosita Real Foods Extra Virgin Cod Liver Oil (Available as liquid and capsules. For liquid, one serving is 3,900 IU. For capsules, take 7 capsules to reach 3,000 IU.)</p>	<ul style="list-style-type: none"> • Amazon (USA) • Corganic.com (USA) • RadiantLife (USA) • PerfectSupplements (USA) • EVCLO.com (Worldwide) • RositaRealFoods (Worldwide)
<p>Jigsaw Alaskan Cod Liver Oil (5 softgels is ~975mcg / 3,250 IU; 1 softgel is ~195mcg / 650 IU)</p>	<ul style="list-style-type: none"> • Amazon • JigsawHealth.com • NaturallyReplenish.com (Australia) • KimiKimOrganics.com (Australia & Singapore) • DetoxPeople.eu (UK & EU)
<p>Nordic Natural Arctic Cod Liver Oil (3 tsp of liquid <i>may</i> deliver around 3,000 IU, but varies greatly per batch, as noted on their Supplement Facts label.)</p>	<ul style="list-style-type: none"> • Amazon, iHerb, VitaCost • NordicNaturals.com • NaturallyReplenish.com (Australia)

6) **START** Taking Wholefood Vitamin E Complex

Dose / Notes: Take 1 serving daily. Dosages vary between each recommended product, but the goal is to ensure you're getting *some* amount of wholefood Vitamin E each day; the specific amount is not particularly important. Please be aware that Vitamin E may have a natural propensity to thin the blood.

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
Life Extension Gamma E Mixed Tocopherols & Tocotrienols (and while you do want to limit Omega-6 oil intake, the amount of Sunflower Oil used is miniscule and therefore, negligible)	<ul style="list-style-type: none">• Amazon, iHerb, VitaCost• JigsawHealth.com• LifeExtension.com
Standard Process Wheat Germ Oil	<ul style="list-style-type: none">• Amazon• StandardProcess.com
Juka's Organic Red Palm Oil	<ul style="list-style-type: none">• Amazon• Corganic.com• JukasOrganic.com
Nutiva Organic Red Palm Oil	<ul style="list-style-type: none">• Amazon
Purely-E	<ul style="list-style-type: none">• Amazon - Capsules or Oil

7) **START** Eating Organic Wholefoods

Notes: The goal with this step is for you to start being more aware of what you eat. Instead of processed & packaged, aim for Fresh, Local, Organic, Seasonal, Grass-fed, Pasture-raised, Cold-water wild-caught, etc.

In general, this is in the realm of the "Ancestral" or "Paleo-based" diets with a mix of HIGH Fat, MODERATE Protein, and LOW Carb.

But do not think about this as a "diet", or get hung-up on trying to eat perfectly!!! Remember, the RCP is about **direction**, not **perfection**.

STARTS (PHASE 2)

1) **START** Taking MTHR NATURE sources for B Vitamins

Notes: Preferably, you'll eventually use all 3 sources - Bee Pollen, Rice Bran, & Beef Liver.

A) Bee Pollen (Dose: Build up to ½ - 1 tsp daily. If possible, use Local and Organic; if not choose one of these brands. Btw, a bee makes ½ tsp of bee pollen in 6 weeks. And the lifespan of a bee is 6 weeks. So be grateful for the bees!)

Links (Available in USA; shipping Bee Pollen internationally has proven to be a problem for some as it may get seized by customs. So again, look for Local & Organic source)

Greenbow Organic Bee Pollen

- [Amazon](#)
- [JigsawHealth.com](#)
- [GreenbowUS.com](#)

Honey Pacifica Bee Pollen

- [Amazon](#)
- [Corganic.com](#)
- [HoneyPacifica.com](#)

Stakich Bee Pollen

- [Amazon](#)
- [Stakich.com](#)

B) Stabilized Rice Bran (Dose:Dose: 1 - 2 tsp daily, taken away from food.)

Links (Available in USA & Worldwide)

NOW Foods Stabilized Rice Bran

- [Amazon](#), [iHerb](#), [VitaCost](#)
- [JigsawHealth.com](#)
- [NowFoods.com](#)

C) Grassfed Beef Liver, or Beef Liver Supplements (Dose: Eat 4 - 6oz. of Organic, Grass-fed Beef Liver per week if you can get it; if not, choose one of these brands of Desiccated Beef Liver Supplements and work up to 3,000mg daily)

Links (Available in USA; shipping Beef Liver tablets internationally has proven to be a problem for some as it may get seized by customs.)

Organic 3, Inc. (New Zealand)

- [Corganic.com](#) (USA)
- [Organic3.com](#) (Worldwide)

Enviromedica (New Zealand)

- [Amazon](#)
- [Enviromedica.com](#)
- [JigsawHealth.com](#)

Ancestral Supplements (New Zealand)

- [Amazon](#)
- [AncestralSupplements.com](#)

Pete Evans (New Zealand)

- [Gelpro Australia](#)

Perfect Supplements (Argentina)

- [Amazon](#)
- [PerfectSupplements.com](#)

Radiant Life (Argentina)

- [RadiantLifeCatalog.com](#)

STARTS (PHASE 3)

1) START Taking Silica / Diatomaceous Earth

Dose / Notes: Start with 1/8 tsp, increase gradually to 1 tsp; take daily in the morning or at night, away from food and other supplements, including Rice Bran. Since some people take medication first thing in the morning, they can't take DE or anything else at this time. Therefore, the solution for those in this situation is to alternate between Diatomaceous Earth & Rice Bran every other day, usually right before bed.

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
KVL Lab Food-Grade Diatomaceous Earth	<ul style="list-style-type: none"> • JigsawHealth.com • KVLab.com
Lumino Food-Grade Diatomaceous Earth	<ul style="list-style-type: none"> • Amazon • Corganic.com • LuminoFoodGradeDE.com

2) START Taking Boron

Dose / Notes: 1 - 3mg per day. Optionally, take a "Boron Bath" using "20 Mule Team" Borax (or similar brand) and add into bath water with Epsom Salt and Baking Soda. Eating a handful of prunes may also be a good source of Boron, but it's difficult to know how much a prune will contain as it varies based on where they were grown.

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
Trace Minerals Research Ionic Boron (liquid drops; and while you do want to limit Citric Acid intake, the amount used in this formula is miniscule and therefore, negligible)	<ul style="list-style-type: none"> • JigsawHealth.com • TraceMinerals.com • VitaCost
Organic 3, Inc. Boron Glycinate (powder)	<ul style="list-style-type: none"> • Corganic.com • Organic3.com

3) **START** Taking Taurine

Dose / Notes: 500mg per day, and it is fine to take with food.

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
Douglas Labs Taurine (capsules)	<ul style="list-style-type: none">• Amazon• JigsawHealth.com• DouglasLabs.com
Pure Encapsulations Taurine (capsules)	<ul style="list-style-type: none">• Amazon• PureEncapsulations.com
NOW Foods Taurine (capsules)	<ul style="list-style-type: none">• Amazon, iHerb, VitaCost• NowFoods.com

4) **START** Taking Iodine

Prerequisite: Before beginning Iodine supplements, RBC Magnesium & RBC Selenium need to be at optimal levels. (Please refer to [Ideal Values for Lab Tests](#).) Until then, add Iodine rich foods to diet, such as Kelp, Seaweed, Scallops, Cod, Cranberries, etc.

Dose: 1 serving. Dosages vary between each recommended product, but similar to Wholefood Vitamin E, the goal is to ensure you are getting *some* amount of Iodine from a Wholefood source each day; the specific amount is not particularly important.

Recommended Brands (choose one)	Links (Available in USA & Worldwide, unless noted otherwise)
Oregon's Wild Harvest Kelp (capsules)	<ul style="list-style-type: none">• Amazon, iHerb, VitaCost• JigsawHealth.com• OregonsWildHarvest.com
Seagreen's Iodine+ Organic Dried Seaweed (capsules)	<ul style="list-style-type: none">• Amazon• Corganic.com• SeagreensOnline.com

STARTS (PHASE X)

These “X-Factors” are the non-nutritional factors that are **just as important** as the nutritional factors. These can be started at any time.

1) **START Donating Blood**

For men & post-menopausal women, every 3 months; for women still cycling, twice a year. This is the most efficient way to relieve the burden of unbound, excess Iron and “jumpstarts” the body’s “Iron recycling system.” You’ll be donating “whole blood”, not platelets, plasma, or “power-red” donations. Some may start donating immediately, even before beginning Phase 1. Others will implement most or all of Phases 1 - 3 first. Please consider your situation before choosing to donate.

For those who cannot donate blood (due to a medical condition such as history of cancer), ask your doctor to prescribe a “therapeutic phlebotomy.”

2) **START Getting More Sunlight**

We are “light beings” -- and sunlight has a multitude of benefits: helps generate natural Vitamin D (aka. “Hormone D”), helps activate Ferroxidase, resets Circadian Rhythm for better sleep, etc. Best case is before 10am to get exposure on your skin and eyes; do NOT use sunglasses. Your ability to get sunlight varies greatly by location, time of year, weather, etc. Just do the best you can to get more sunlight.

3) **START Doing “Joyful Movement”**

To the extent that your body can handle it, any form of “joyful movement” -- walking, gardening, light exercise, etc. -- is encouraged.

4) **START** Clearing Food & Environmental Sensitivities

- AAT ([Advanced Allergy Therapeutics](#), computer-based system)
- NAET ([Nambudripad's Allergy Elimination Technique](#), applied Kinesiology)

5) **START** Emotional Freedom Technique (EFT)

Unresolved emotions and stress triggers the creation of “fears” which create a relentless “Magnesium Burn Rate.” (The body uses Magnesium to combat feelings of anxiety.) The beauty of EFT is to RELEASE those fears to allow the mineral balancing process to unfold.

6) **LIMIT** Blue Light Radiation Exposure

Blue Light (from computers, phones, etc.) is the start of Ionizing Radiation, which produces Hydrogen Peroxide (H₂O₂) a significant source of oxidative stress for our eyes and retina. But our eyes love Retinol! Retinol repairs oxidative stress caused by Blue Light.

FAQs (Part 2)

“What about other supplements like Co-Q10, Probiotics, etc? Should I stop everything that isn’t on the RCP?”

If a particular item is *not* listed in the **STOPS** or the **STARTS**, that means I’ve not read enough peer-reviewed research to establish an official position either way. But my passion in life is reading scientific literature. (Yes, I'm a total nerd!) So as I uncover new steps, and as I learn what is working best in the RCP community, the protocol will be updated, and you’ll receive an email notifying you of changes. In the meantime, please consider [joining the premium RCP Community](#) and posing your non-RCP product specific questions there. The [RCP Community](#) is filled with many who have been implementing RCP in their own lives, and they likely have experience with the product you wish to know about.

“What if I’m pregnant or nursing?”

All of the RCP steps are recommended during pregnancy **EXCEPT** for Diatomaceous Earth, Stabilized Rice Bran, and Donating Blood — those can be introduced AFTER you've stopped nursing.

Also, we always encourage that you share this RCP Instruction Manual with your doctor so that you are both on the same page, and so that they can be educated on the RCP if they're not aware of this protocol already.

“What if I’m vegetarian or vegan?”

Unfortunately, there is no way to fully implement the RCP and remain vegetarian or vegan because there are no plant based sources of Retinol (Wholefood Vitamin A).

And Retinol from animal sources (primarily, Cod Liver Oil and Beef Liver) are essential for increasing Bioavailable Copper (and thus, binding excess Iron), which is the entire purpose of the RCP. Vitamin A (as beta-carotene) from plant sources is different from Retinol. Beta-carotene doesn't increase Bioavailable Copper. Please see [this](#) (from a 3rd party) for more info on this topic.

“This is overwhelming! Can I talk to someone?”

Do you have questions about how to best implement certain steps for yourself or a loved one? Get personalized help from an expert: [work with an RCP Consultant](#).

“I LOVE what RCP has done for me, how can I support this cause?”

- Please [contact RCP Customer Service](#) and share your success story with us so that we may add you to the ever-growing list of [Root Cause Protocol Testimonials](#).
- And, please [join the Premium RCP Community](#) to get exclusive access to new research, to collaborate with others who are following the RCP, and much more!

A vôtre santé,

Morley Robbins, MBA, CHC
Creator of the Root Cause Protocol

APPENDIX A - GLOSSARY OF KEY SCIENTIFIC TERMS

Sorted loosely by subject matter -- starting with the "problem" and then working our way towards the "solution" -- so that you can read these key terms from top to bottom in context of their "neighboring" key terms.

Anemia - Often thought of as "Iron Deficiency," but in 1855, Dr. Theophilus Thompson (in London) published the first known article about curing Anemia using Cod Liver Oil. And in 1934, Drs. Whipple, Minot, and Murphy shared the Nobel Prize for curing "Anemia," and "Pernicious Anemia" (aka. "Iron Deficiency caused by lack of Vitamin B12") with one product: Beef Liver! Hmm... While Beef Liver does have some Iron, the KEY to these solutions lies in the naturally occurring Vitamin A (aka. **Retinol**), and its ability to make Copper "bioavailable." A well-established, but often overlooked fact, is that Inflammation CAUSES Iron to present low in Iron blood tests. (Roy, Andrews, 2005; Wessling-Resnick, 2010).

Iron (Fe) - 80% of the Iron in our body is used to carry oxygen to our cells (70% in **Hemoglobin** and 10% in Myoglobin). As such, Iron is a vital nutrient. But it **REQUIRES Bioavailable Copper** to regulate its usability, otherwise Iron runs around like a 4-year old with a hammer -- wreaking havoc inside our cells, causing **Oxidative Stress** and **Inflammation**, which affects MANY metabolic pathways.

Males have about 4,000mg of Iron in their body; females about 3,500mg; children about 3,000mg or less. A KEY dimension to Iron is the fact that it is "recycled" each and every day. (See **The Reticuloendothelial System**.)

The Reticuloendothelial System (RES) - The "Iron Recycling System" inside our body provides 95% of our daily Iron needs. In total, we use ~25mg of Iron per day to make new Red Blood Cells and other Iron-based proteins, such as **Heme**. So 24mg out of 25mg come

from the Iron in our body already thanks to this “recycling system” (RES). Which means, we ONLY need to intake ~1mg per day from food to balance the ~1mg we excrete in our feces each day.

RES is dependent upon **Bioavailable Copper** to ensure proper Iron “recycling.” There are three key cells involved in RES:

- 1) **Enterocytes** - digestive cells in our intestines
- 2) **Hepatocytes** - the main cells in our liver
- 3) **Macrophages** - the KEY “Pac Men” that serve as first responders and recyclers

Hepcidin - Regarded as the “Iron Hormone”, it’s also known as the “Inflammation Hormone.” Hepcidin acts as a key cellular agent -- it allows Iron to be absorbed & released in the **Enterocytes** and then put into the circulatory system. When there is too little Iron, Hepcidin prevents Iron from exiting the Enterocyte. Hepcidin also allows Iron to be released from the **Macrophages**. Low Hepcidin is not necessarily an indication that the body is deficient in Iron.

Ferroportin - A copper-dependant protein that acts as the “doorman” and allows Iron to exit the cell. It is facilitated by **Ferroxidase**, and blocked by **Hepcidin**.

Hephaestin - Similar to Ferroportin, the “doorman” in our gut that allows Iron to be released from the cell into the circulatory system. When this “doorman” is properly loaded with Bioavailable Copper, it works correctly, and Iron can exit the cell and complete its Circulation around the body. When Copper is NOT Bioavailable, Iron builds up in the cells/tissue, which generates **Oxidative Stress**.

Heme - A prevalent protein throughout the body that has Iron at its core. If you can’t make heme, the body isn’t going to function properly. Four Heme are “knit” together to create **Hemoglobin**.

Hemoglobin - The protein responsible for transporting Oxygen. Also, from 1862 - 1972, it was the most typical blood measurement of Iron status. But it's not a particularly useful measurement as this is the "dipstick" way of measuring Iron -- it's like measuring the amount of oil in your car, but what we should really be measuring is **Serum Iron**, which is like measuring Miles Per Gallon.

Serum Iron - Measures "efficiency" of the **Iron REcycling System (RES)**; similar to how we measure Miles Per Gallon (MPG) in our cars. (Wessling-Resnick & Knutson, 2010) As opposed to the simplistic "dipstick" measurement of Iron (**Hemoglobin**, which was replaced by **Ferritin**), measuring Serum Iron is a much more effective measurement of Iron Homeostasis, as it implies the movement, functionality and REcycling of Iron around the body. ([See Ideal Lab Values here...](#))

Ferritin - The protein that stores Iron in the tissues. There are TWO forms of Ferritin -- "Heavy chain" and "Light chain" -- but the standard blood tests do NOT distinguish this KEY feature, and therefore **Serum Ferritin** blood tests are invalid markers of Iron status. When Iron is NOT being loaded into Ferritin (for LACK of "bioavailable" Copper) it is being loaded into **Hemosiderin**, which is NEVER measured in standard blood tests. The Serum Ferritin test should NEVER be used alone to assess Iron status and homeostasis. ([See Ideal Lab Values here...](#)) Ferritin serves NO active physiological role in the body, and REQUIRES Ferroxidase enzyme function to load Iron into this protein.

Hemosiderin - An Iron storage "complex" found primarily inside of the Macrophage cells, as opposed to circulating in the blood. If the body cannot make adequate levels of **Ferroxidase** in order to load Iron into **Ferritin**, the body is forced to store the excess Iron in Hemosiderin. It is NOT routinely measured in humans, which leaves us in the dark about how prevalent and significant Hemosiderin levels are as a source of excess, unbound Iron.

Transferrin - The key "transport" protein that moves / "recycles" Iron from tissue back into the bloodstream and back to the Bone Marrow where it gets used to make NEW Red Blood Cells.

This protein is dependent on optimal levels of Vitamin A (aka. **Retinol**). (Use **Serum Transferrin** blood test to measure the amount. [See Ideal Lab Values here...](#))

Total Iron-binding Capacity (TIBC) - Measures how many “docking stations” are available for Iron. This is a derivative of the **Transferrin** status and reveals systemwide capacity to bind up Iron. ([See Ideal Lab Values here...](#))

Oxidation / Oxidative Stress - “Accidents” with Oxygen that naturally occur in the body’s metabolism are called “Oxidants.” Another term is “Reactive Oxygen Species” (ROS). Over time, this causes “Rust”, which is Ferric Oxide, a combination of Iron & Oxygen. Excess, unbound Iron, causes “Rust”, which causes **Inflammation**.

Inflammation - Inflammation is not a disease, but rather, damaged tissue that cannot function correctly. Inflammation is caused by excess, unbound Iron, or **Oxidative Stress**.

Inflammation is the result of Hydrogen Peroxide (H₂O₂) not being cleared by an antioxidant enzymes (such as **Catalase** and **Glutathione Peroxidase**) that are powered by **Bioavailable Copper**. Classic clinical indicators of Inflammation are LOW **Magnesium**, LOW **Bioavailable Copper**, and LOW **Retinol**, each of which are routinely overlooked in standard blood tests.

Bioavailable Copper - Copper has profound functions in the body, principally focused on creating energy (Cytochrome c Oxidase) and clearing exhaust (Integrated Antioxidant System). But the Copper must be “bioavailable”, which means Copper needs to be “complexed” in a network of proteins and enzymes. And this doesn’t happen magically.

Retinol is an essential nutrient for loading Copper into **Ceruloplasmin**. 95% of Copper in the blood is “complexed” in **Ceruloplasmin**. Unfortunately, taking Copper dietary supplements will not increase the amount of bioavailable Copper inside the body.

Ceruloplasmin (Cp) - Considered the MASTER “Multi-Copper Protein.” Cp has an “active” & “inactive” state, or an “enzyme activity” & “immunoreactive protein” state. In its “active” state, Cp contains up to 8 Copper atoms surrounding a molecule of Oxygen (O₂). But

unfortunately, only the “inactive” state is measured by commercial labs using the **Serum Ceruloplasmin** blood test; there are no commercial labs that measure the “active” state. ([See Ideal Lab Values here...](#)) This protein was discovered in the early 1940s by Swedish Physiologists, Carl G. Holmberg & C.B. Laurell, and first described in their article published in 1947.

Ferroxidase (FOX) - The “active” (or “enzyme”) form of Ceruloplasmin. FOX regulates Iron and prevents it from causing **Oxidative Stress**, (aka. rust). FOX is the MASTER antioxidant *enzyme* in the human body. Ferroxidase has the highest amount of activity in the Liver and the Brain; and has notable activity in the Intestine (called Hephaestin) and in the Placenta (called Zyklopen). Without optimal Ferroxidase enzyme activity, Iron starts to build in our tissues, especially our Liver cells and Endocrine glands. As we age, this chronic build-up of Iron leads to decreased energy production in the cells, and increased **Inflammation** in our tissues and organs.

How do we increase the amount of Ceruloplasmin (Cp) protein and the activity of Ferroxidase (FOX) enzyme? This is THE PRIORITY focus of the steps in The Root Cause Protocol. By increasing Cp & FOX, we decrease Iron dysfunction, and we stop the chronic loss of **Magnesium**.

Magnesium - A key mineral connected to 3,751 enzyme functions in the body. Among its many functions is to regulate Calcium homeostasis through the activity of 3 key Calcitropic hormones: Calcitonin, Parathyroid Hormone, and Vitamin D. Magnesium’s presence in the energy molecule (Mg-ATP) is an absolute requirement for its recognition and use in the body. Magnesium is the “Conductor of the Mineral Orchestra” inside the body.

Magnesium Burn Rate (MBR) - Under *any* form of stress to the body (physical, emotional, nutritional, electrical, etc.), Magnesium is lost as a metabolic response. Because when the body is under stress, it makes energy (aka. “Mg-ATP”) as a response. Under extreme and/or sustained stress -- and failure to properly re-mineralize -- the body loses its natural ability to

respond to stress, and **Oxidative Stress** (aka. “rust”) builds up throughout the body. Magnesium deficiency (low Magnesium RBC) is the recognized precursor to inflammation. When the body is expressing optimal **Ferroxidase** activity, the MBR will be at a minimum.

Retinol - Naturally occurring, wholefood Vitamin A found in Cod Liver Oil, Beef Liver, Grassfed Butter, and other animal-based foods. Retinol is vital for “loading” Copper into **Ceruloplasmin**, which makes Copper become bioavailable (aka. “increasing Ferroxidase” activity) so that it can then “regulate” Iron as needed across and around the body, and stop **Oxidative Stress** (aka. “rust”).

Glutathione - A particularly important protein for lowering **Oxidative Stress** (aka. “rust”). Glutathione binds Copper which prevents it from becoming “reactive” inside the cells. Glutathione also plays a critical role inside the cell, transporting Copper to ensure proper distribution to critical proteins and enzymes. Glutathione’s “copper top battery” is **Glutathione Peroxidase**, enabling it to be reused over and over. Glutathione Peroxidase is vital because it turns 2 molecules of H₂O₂ (Hydrogen Peroxide) into 2 molecules of H₂O (Water) and one molecule of O₂ (Oxygen). Synthesis of Glutathione involves two metabolic steps that require **Magnesium**.

Catalase - Another important Copper-dependent antioxidant enzyme that, similar to **Glutathione**, reduces H₂O₂ (Hydrogen Peroxide), principally in our blood, reducing **Oxidative Stress** (aka. “rust”). When there is sufficient Catalase in our blood stream, there can be proper production of **Hemoglobin**. Too much Hydrogen Peroxide (H₂O₂) will prevent optimal **Hemoglobin** production. Therefore, a lack of Catalase can be a KEY cause of “Low” Iron levels in blood tests. (aka. Having a low **Hemoglobin** blood test score.) But this has NO relation to the actual level of Iron inside the body as a whole.

RCP123 In Summary:

1. **Bioavailable Copper** converts *toxic* “Ferrous Iron” (Fe^{2+}) into *beneficial* “Ferric Iron.” (Fe^{3+})
2. Without enough **Bioavailable Copper**, unbound toxic “Ferrous Iron” runs around the body like a 4 year old with a hammer, causing **Oxidative Stress** / Inflammation / aka. “rust”, the root cause of virtually all health challenges.
3. Therefore, the priority focus of **The Root Cause Protocol** is to increase **Bioavailable Copper**, which will minimize **Oxidative Stress** and therefore, minimize the **Magnesium Burn Rate**.

If you want to dig deeper and learn the scientific research behind each of the **STOPS** and the **STARTS**, please purchase access to [The Root Cause Protocol 101 Video Series](#), 5+ hours of conversation between myself and Dr. Ben Edwards as we discuss dozens and dozens of peer-reviewed articles that are the basis of this protocol.

APPENDIX B - DOCUMENT CHANGE HISTORY

WHAT'S NEW IN VERSION 9.3 - Published April 3, 2019:

1. Added APPENDIX A - Glossary of Key Scientific Terms. (This is awesome!!)
2. Added APPENDIX B - DOCUMENT CHANGE HISTORY; Included all Change notes from previous versions, and moved it from the beginning to the end of the document.
3. Modified the RCP Suggested Daily Schedule to put **Diatomaceous Earth (DE) & Rice Bran** into a category called “Right before bed, or first thing in the morning (away from food)”; added clarifications to dosages of each that discuss how you can alternate between DE & Rice Bran. Added a category called “Throughout the day”, and moved **Trace Minerals Drops** from “Breakfast” into this new category.
4. Added this clarification to FAQs (Part 1): “The Phases are additive -- when you begin implementing Phase 2, you should still continue following Phase 1, and so on.”
5. Added **Enviromedica Beef Liver** supplement to PHASE 2.
6. Added **Detox People** as a UK & EU Supplier of various RCP products.
7. Added several **Ancient Lakes** products: Pure Kakadu Plum Powder & Capsules, Magnesium Salt, and Magnesium Oil.
8. Added a clarification to PHASE X - Donating Blood about “whole blood” and “therapeutic phlebotomy.”
9. Added FAQ: “**What if I’m pregnant or nursing?**” (Short answer: All steps are fine except for DE, Rice Bran, and blood donations.)
10. Added FAQ: “**What if I’m vegetarian or vegan?**” (Short answer: Sorry, but you can’t get Retinol from non-animal sources.)

WHAT'S NEW IN VERSION 9.2 - Published January 4, 2019:

1. In version 9.1, the Daily Schedule stated **Bee Pollen** dosage as 1 tsp per day. But the
2. Dosage Notes in the recommended products section stated 1/2 tsp of Bee Pollen per day. The correct answer is that you should work up to a dosage of between 1/2 tsp to 1 tsp per day. Corrections and notes have been applied.
3. In version 9.1, the Daily Schedule stated **Rice Bran** dosage as 1 tsp per day. But the Dosage Notes in the recommended products section stated 1 tbsp per day. The correct dosage is 1 tsp per day. Corrections have been applied.
4. In version 9.1, the Daily Schedule had **Diatomaceous Earth (DE)** in the “Early Morning (away from food)”, and **Rice Bran (RB)** “Before Bed (away from food)”. But some people take medication first thing in the morning, and they can't take DE or anything else at this time. Since both DE & RB need to be taken away from food, and they also need to be taken away from each other *and* from other supplements, this can pose a timing challenge. Therefore, the solution for those in this situation is to alternate between DE & RB every other day; taking one or the other right before bed.
5. In line with previous note, the Daily Schedule was updated: “Before Bed” was renamed to “Evening”; and **Taurine** was moved from “Before Bed” to “With Dinner” because it is fine to take Taurine with food.
6. Clarified “Stop #7” to specify that it's the “synthetic” forms of **Ascorbic Acid, Citrate, and Citric Acid** found in supplements and packaged foods that you want to stay away from. Naturally occurring Citric Acid in fruits like oranges, grapefruit, lemons, limes, etc. are totally fine -- in fact, they are encouraged!
7. Clarified that the tiny amount of Citric Acid in **Trace Minerals Boron** (Phase 3, Step 2) is negligible. Morley has been using this brand with his clients for many years and has never had any issues with it.
8. Added **Pure Encapsulations Magnesium Glycinate** back to the list of recommended Magnesium Supplements (Phase 1, Step 4) as it was mistakenly excluded in version 9.1. Also, the amount of Ascorbyl Palmitate is negligible.

WHAT'S NEW IN VERSION 9.1 - Published December 5, 2018:

1. Reformatted the Recommended Products section from lists into tables. It's much easier to read and comprehend now.
2. Added new links to several international distributors throughout the Recommended Products section.
3. Added a few products that were being used and recommended by the RCP community, but were accidentally missing from Version 9.0.
4. Made several notes regarding dosages for Cod Liver Oil, Vitamin E, and Iodine. (Remember, with most nutrients, you generally need to build up your dose over time... listen to your body and go slowly! And if you want to talk to someone to get personalized help, book an RCP Consult.)
5. Changed "Start Eating Ancestral / Paleo Diet" to "Start Eating Organic Wholefoods", moved it from Phase 3 to Phase 1 (Step 7), and added several notes of clarification.
6. Corrected a typo in Phase 3, Step 1: Silica / Diatomaceous Earth dosing. Changed dosage from "tbsp" to "tsp".

WHAT'S NEW IN VERSION 9.0 - Published November 14, 2018:

Up until this version -- "Version 9" -- the most recent version of the RCP was from November 2016 (found here). And that was pieced together over the course of several years based on my research of scientific literature, plus my direct experience coaching thousands of clients.

This Current Version -- or "Version 9", as in, "I've now been researching this for 9 years" -- is what I consider to be the **first formal version** of the Root Cause Protocol. It is by far the most cohesive and comprehensive.

1. Created a simple **RCP Daily Supplement Schedule** table.
2. Introduced the concept of **Phases** for the **STOPS**, **STARTS**, and **X-FACTORS**.
3. Updated **Recommended Brands** for the **STARTS**.
4. Added a **Purpose** section, a short summary of what this protocol is intending to do.
5. Added **FAQs** section at the beginning and end of the **STARTS** to help address the most common questions (and fears) that people have about this protocol.