

THE ROOT CAUSE PROTOCOL



Phase 0

1. **STOP** Taking iron supplements, iron fortified foods, anything with 'added iron'
2. **STOP** Taking vitamin D3 supplements or ANY foods fortified with vitamin D
3. **STOP** Taking calcium supplements
4. **STOP** Taking zinc supplements
5. **STOP** Taking molybdenum supplements
6. **STOP** Taking one-a-day multivitamins, prenatals, etc.
7. **STOP** Taking B vitamins from a bottle (get them from food!)
8. **STOP** Using synthetic forms of ascorbate/ascorbic acid & citrate/citric acid
9. **STOP** Using high-fructose corn syrup (HFCS) & artificial sweeteners
10. **STOP** Using industrialized omega-6 oils (e.g. soybean oil, canola oil, etc.)
11. **STOP** Using fluoride (e.g. in toothpaste, water, etc.)
12. **STOP** Using colloidal silver as an antibiotic
13. **STOP** Eating low-fat, high-carb, processed, refined foods

LIMIT Exposure to environmental toxins, including unchecked blue light exposure and EMFs from electronic devices (see [Handbook FAQs](#) for more detail)



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Phase 1

FOUNDATIONS

1. **START** Taking adrenal cocktails
2. **START** Taking mineral drops or applying transdermal magnesium
3. **START** Taking wholefood vitamin C (WFC) complex
4. **START** Taking magnesium
5. **START** Taking bioavailable copper

Phase 2

SUPPORTING NUTRIENTS

- 6a. **START** Eating organic ancestral whole foods
- 6b. **START** Drinking mineralized filtered water
7. **START** Taking Mother Nature's sources for B vitamins
8. **START** Taking wholefood vitamin E complex
9. **START** Taking boron
10. **START** Taking cod liver oil

Phase 3

ADVANCED NUTRIENTS

11. **START** Taking taurine
12. **START** Taking diatomaceous earth
13. **START** Taking iodine from food

Phase X

LIFESTYLE UPGRADES

14. **START** Donating blood
15. **START** Managing histamine levels/reactions
16. **START** Releasing emotional stress
17. **START** Strengthening the bioenergetic field
18. **START** Getting regular sunlight
19. **START** Doing joyful movement

