



Vitamin K “Tomoro” Protocol

Foundational: Tomaro Protocol (modified) to support hydration, pH balance and detox support. This material is taken from Drs. Klinghardt, Tomaro, Derksen et al.

Baths: To help alkaline the body and reduce symptoms; this may be necessary in the beginning when the child’s system is so acidic; Sodium Bi-carb is the strongest alkalinizing agent to reduce acidity. Bi-carb will stop detox of metals and chemicals, and its use during detox will be limited. However, the child is not able to detox in the beginning until some of the foundational therapies are in place.

- Nutrition, minerals and other remedies can be supplied through the skin, put directly into the blood and by-pass the inflamed bowel
- The water of the bath must be filtered, free of chlorine, fluoride and other contaminants. Use a shower filter, or whole house filtering system.
- Ingredients:
 1. Baking soda: 8 cups per bath, up to twice a day supplies bicarbonate
 2. Epsom salts: 2-4 cups per bath supplies Magnesium

Hydration support: Water is the #1 detox agent. The kidneys are critical to detox requiring water and electrolytes to process the toxins. **Add electrolytes to all water.** Two issues:

1. Electrolyte bicarbonate drinks to create a more alkaline environment. Use in the beginning of treatment when child’s acidity milieu is out of balance; same as Bi-carb baths above.
 - See electrolyte drink recipes
2. Electrolytes macro minerals in water: This is a must; it helps with digestion, cellular absorption, kidney filtration, muscular and nervous function, waste elimination and detox.
 - Add electrolytes to taste – if it tastes too salty, its too much
 - Use Selectrolytes or Matrix electrolytes
 - Quality of water is critical: see Water, Kidneys and Electrolytes
 - Electrolytes with water help re-hydrate the cells to restore better function

Minerals for regulation of important biochemical functions:

1. **Magnesium:** magnesium glycinate – minimum 200mg and up to 800mg
 - Helps move the bowel, support muscle and connective tissue function, detox and energy reactions, the most important mineral
 - Problem if inflamed bowel, with Lyme – the oral magnesium may be feeding the Lyme, use baths and IM to by-pass bowel until healed

2. **Phosphorus** is important to help the kidneys clear out the acids (kidney repair); see Water, Kidneys and Electrolytes for information on pH of urine and saliva
 - Children 5 and under – work up to 1 tsp 3 times daily
 - Over 5 work up to 2 tsp 3 times daily
3. **Other mineralization:** test for KPU (Pyrroluria) but do not start therapy until some of these basics are established

Energy: provides fuel for metabolic process in the body

Start very slow and be on the electrolyte drink before starting this to help with energy

Two brands: Beyond a Century, Progressive Labs (premixed with D-ribose)

Beyond a Century:

- 1-10 level scoops per day of the combined mixture, depending on age/ size, divided into 2 daily doses using the plastic scoop supplied with ATP (35 mg of ATP per scoop)
- Total dose from all brands should be 50-450 mg/day depending on age and size
- Start with 10-20 mg for the first few days and increase the dose slowly over time

The oils: Vitamin A, D and K and Fish oils

Always supplement oils away from minerals, if not absorption is impaired (makes soap)

Vitamin A: represses testosterone, anti-viral, helps thyroid, helps control inflammation, needed for Vitamin D and K2 receptors, nerve growth, cholesterol formation, formation of bile salts

- must be fish or liver sources: Green Pastures, Dr. Ron's, Radiant Life, Vitamin A gel caps
 - children up to 2 years 2,500 – 5,000 IU daily
 - 2-10 years 5,000 – 11,000 IU daily
 - Adults and children over 10 – 5,000 – 16,000 daily
 - Pregnant and nursing: 10,000 – 20,000 daily
 - Start at the higher range and reduce to the low range
 - Note: toxicity from natural sources of Vitamin A is 1/10th the toxicity of water soluble sources.

Vitamin D3: Anti-inflammatory, support bone and anti-viral; low blood levels – high risk to flu and other virus.

- Child: 75IU / pound

Vitamin K2: Controls calcium and puts it into the bones, helps myelin formation, biofilm, transports Vitamin A and thyroid

- Thorne K2 1 mg/drop
- Works up to 1mg/ 10 pounds of body weight twice daily
- Start at 1 – 3 mg 2x per day

Fish oils: DHA, EPA: great for brain function and inflammation

- Sources: Carlson's, Nordic Naturals, Biopure – Salmon oil; must be clean and a good source; Dosage: ½ - 2 grams daily

Bowel: probiotics: helps reduce Candida and rebalance bowel flora

Bowel rehabilitation is critical to the success of all ASD treatment. It starts with what is being put into the bowel (mouth). This is covered in the initial top 10 list: organic foods, no allergic foods (especially gluten and milk), stop supplements (allergy until proven),

add minerals. There are other bowel rehabilitation strategies that come later, that address the bowel inflammation, and biofilm, but this is our first start.

- Start slow and work up

Potassium Iodide: anti-microbial, anti-fungal, normalizes breast tissue, helps the thyroid

Sources: Tri-Quench by Scientific Botanicals (SSKI)

Start at 1000mcg even in young kids (1/18 of a drop); see dilution instructions

Optional:

- Melatonin: 2-10at night, adults up to 30 mg
- Phosphatidyl Choline: membrane fluidity and supports liver - 3,000 –10,000 daily
- Phosphatidyl Serine: membrane fluidity, supports adrenals, helps with hyperactivity; 100-1,500mg

Electrolyte Drink Recipes

Any of the following is equally effective:

1. If using honey: 2 T honey, 1 quart of water, ¼ tsp baking soda, ¼ teaspoon NOW Foods Potassium Chloride (KCl)
2. 2 T honey, 1 quart water, 2-3 capsules Klaire Labs Bi-carb formula, ¼ tsp Morton Lite salt
3. if using grape juice: 2/3 cups of grape juice; 3- 1/3 cups water (to make 1 quart); ¼ tsp baking soda; ¼ tsp NOW foods KCl
4. 2/3 cups pure grape juice, 3 1/3 cups water, 2-3 caps Klaire Labs Bi-carb formula, ¼ tsp Morton Lite salt
5. 2 cups coconut water, 2 cups water, ¼ tsp baking soda, ¼ tsp salt

NOW Foods: health food store, www.iherb.com; Klaire Labs bi-carb formula available on line

Iodine dosing: to dilute SSKI

Full strength: 1 drop SSKI = 19,000 mcg iodide

1:1 (1 drop SSKI and 1 drop water) = 9500 mcg iodide / drop

1:2 dilution = 6,333 mcg iodide/ drop

1:3 dilution = 4,750 mcg iodide/ drop

1:9 dilution = 1,900 mcg iodide/ drop

1:18 dilution = 1,000 mcg iodide/ drop

1:37 dilution = 500mcg iodide/ drop

Concept of high loading dose followed after several months by a lower maintenance dose is based on the work of Dr. David Brownstein. The high loading dose supplies iodide to non-thyroidal tissues and organs that utilize iodide; once those tissues are replete, the iodide dose is reduced to a maintenance level.

The daily loading dose should be 1-3 full, undiluted drops of SSKI per day, depending on age/size. After approximately two months, the loading dose should be reduced slowly in order to achieve a maintenance dose of 1,000- 8,000 mcg iodide daily, depending on age/size. For very small or very sensitive children, a more dilute loading dose might be necessary. Older children, teens or adults may do well with an initial loading dose of more than 3 drops of SSKI. It can be extremely helpful to find someone who does ART, as the appropriate dose of iodide can often be determined faster than it can with trial and error observation.