

MEDICATION & SUPPLEMENT SCHEDULE

With breakfast:

Acetazolamide (every other day)
Autophagy Renew (piperlongumine)
Berberine
BROQ (sulforaphane)
Curcumin
Ferulic acid
Fisetin (7 capsules once per week)
Ivermectin (4 tablets on Mondays and Thursdays)
Metformin
Pacific yew tree extract (2 capsules)
Pro-resolving mediators
Reishi mushroom wall-broken spore powder
Syrosingopine

With lunch:

Autophagy Renew (piperlongumine)
Berberine
Pacific yew tree extract (2 capsules)

2 hours after lunch:

Bromelain (on an empty stomach)
Nattokinase (one an empty stomach)

With dinner:

Autophagy Renew (piperlongumine)
Berberine
BROQ (sulforaphane)
Ferulic acid
Metformin
Pacific yew tree extract (2 capsules)
Pentoxifylline
Simvastatin
Syrosingopine