

HEAL YOUR METABOLISM E-BOOK

A STEP-BY-STEP
EBOOK
FOR MEN TO GET
HEALTHY
AND THRIVE
WITHOUT
CONFUSION
AND
WASTED
TIME!



MOLD ILLNESS
ANTIDEPRESSANTS
ANXIETY
WEIGHT GAIN
CHRONIC FATIGUE
GUT ISSUES
INFLAMMATION
OVERLY STRESSED
ALL GONE

LEARN WHAT
CHRIS DID TO GET
HIS HEALTH
BACK.....

EASE YOUR WAY
BACK INTO
WORKING OUT
WITH CHRIS COHEN

CCF / CHRIS COHEN
FITNESS

PLUS HEALTH &
WELLNESS TIPS

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Medical Disclaimer

I AM NOT YOUR DOCTOR AND I AM NOT YOUR GURU!

I DO NOT DIAGNOSE

I DO NOT TREAT

AND

I DO NOT PRESCRIBE

As a non-medical professional, I am not authorized to diagnose any health conditions or prescribe medications. However, the guidance provided in the RCP does not involve prescription medications.

The RCP emphasizes the use of wholefood nutritional supplements that do not require a prescription. Consequently, these can be utilized without consulting a physician.

It's unfortunate, but not everyone seeks healing. Some individuals receive financial benefits, such as disability payments, which might discourage them from seeking improvement in their health.

This course, along with its community and program, is not intended as medical advice, as it does not involve any prescription drugs.

Moreover, our discussions and teachings here are protected by the First Amendment, which upholds our rights to free speech and freedom of religion.

Echoing the words of Jesus in Matthew 10:8, "Heal the sick," I am committed to following this lord in my teachings and practices.

-Chris Cohen RCP-C, FDNP

My Health Journey



(Please click on video will take you to Vimeo)

Welcome! Thank you so much for taking the time to purchase this ebook and invest in your health!

I know what it is like to battle chronic health issues, and fear that they aren't going to get better and life is just passing by, while everyone else is getting ahead.

I promise you, you are not broken no matter how many symptoms you have or doctors you have seen!

I see your struggles and I'm here for you! We will get through this together. Be excited to get to the Root Cause of your symptoms and start to feel good again in your body!

Please reach out in the community if you have any questions.

[The Health Academy Community](#)

-Chris Cohen RCP-C, FDNP



01

Success Stories!

Before diving into the valuable information in this ebook—designed to provide you with a strong foundation to improve your health and overcome chronic issues and symptoms—I want to highlight some inspiring success stories. Over the years, I've had the privilege of helping many clients achieve remarkable health transformations through the Root Cause Protocol (RCP) and my personalized coaching approach.

Take a moment to read through these testimonials and case studies, and let them motivate you. Imagine yourself being the next success story, reclaiming your health and vitality. Let's get started on this exciting journey together!

Case Study Success



Chris Cohen

Chris is an entrepreneur building a health and wellness brand when he came down with long covid and a mold illness which created a highly sensitised nervous system along with a ton of symptoms of fear.

Here's where they struggled:

Chris struggled with a mold illness, and tons of chronic symptoms including, digestive issues, anxiety and depression, fatigue, weakness, food intolerances, and post viral syndrome.

Here's what they did:

By understanding the RCP and implementing the foundational principles along with making lifestyle changes and understanding the mindbody connection Chris got his health back and is now coaching others!

Here are the results:

- ✓ Decreased Inflammation and Pain
- ✓ A more positive mindset and confidence in his health
- ✓ Increase in muscle mass and decrease in fat mass!

“

The principles of the Root Cause Protocol along with a mindbody approach gave me the knowledge to heal and get my health back!

”

Case Study Success



John Bottino

John has a high stress job as a Resort Manager and was able to still take care of his physical and mental health, and now is taking more time for himself with confidence.

Here's where they struggled:

John struggle with trying to lose stubborn weight, high stress levels and poor sleep and muscle strength.

Here's what they did:

John implemented the RCP along with making lifestyle changes including stress management practices and started to work with Chris for his fitness program.

Here are the results:

- ✓ Down 20lb and feeling more confident
- ✓ Better Sleep
- ✓ Can bench his weight, squat his weight, and deadlift 2x his weight

“

Working with Chris was such a delight, he really understands this stuff, and guides you along the way with continuous motivation. ”

Case Study Success



Shane Earn

Shane is a successful entrepreneur with a ton of stress and a family of 3 kids, his mental and physical health was suffering until he made changes with Chris.

Here's where they struggled:

Shane struggle with debilitating depression and anxiety, and it was tough for him to get out of bed at times, his diet started to get worse and his fatigue just grew. He backed on about 20-30lb of fat, and needed help and a push.

Here's what they did:

Shane started to focus on his nutrition, started to implement the foundational RCP, practice mindbody exercises, and started to get in the gym with Chris as his coach.

Here are the results:

- ✓ Recomped his body and got down to 12% BF
- ✓ Started to smile, laugh, and have energy again!
- ✓ Started a successful business, and has done even better for himself.

“

Chris is a stud, super smart and really cares for his clients, and love that he takes a mindbody approach to his wellness!

”

Case Study Success



Sang Lee

Sang Lee is a newborn father, who works as an engineer, he was having issues with losing fat and eating too much, just loved his carbs.

Here's where they struggled:

Along with having a hard time losing weight, he also struggle with digestion issues, sleep issues, and fatigue. He had insecurities with his weight and his clothes not fighting right. Plus, was being hard on himself for losing himself when becoming a father.

Here's what they did:

Sang started with the knowledge of the RCP as the foundational approach to wellness, and then he added in strength training and other lifestyle changes and he started to manage his stress better and achieve more!

Here are the results:

- ✓ Lost 15lb of fat and gained 5lb of muscle
- ✓ Gained a better attitude and quality of life through the RCP
- ✓ Reduced his inflammation and chronic symptoms

“

The RCP is amazing, this PDF Ebook Chris put together has tons of information and knowledge to start on your health journey!”

Case Study Success



Ron Dumont

Ron is a CEO, with a busy schedule but loves to travel and spend time with family, but his weight was getting the best of him and effecting his mental and physical health.

Here's where they struggled:

Ron struggled with stubborn weight issues, IBS, GI distress, fatigue, and other mental symptoms like depression and anxiety.

Here's what they did:

Ron started on the RCP learned the science of minerals, and started to increase his activity and take more mental breaks to calm his nervous system during the day.

Here are the results:

- ✓ Lost 20lb of fat and gained 10lb of muscle
- ✓ Relieved his IBS and GI upset
- ✓ Developed a better attitude and positive mindset

“

Chris's coaching and the RCP was a major help to my physical and mental wellbeing, I'm forever grateful for his guidance and knowledge.”

Case Study Success



Konstantinos Bastas

Konstantino is a CEO of a travel company, a father of two, and a husband. He dealt with alcohol addiction and weight issues a lot of his life.

Here's where they struggled:

Konstantinos struggled with his weight and self-esteem a lot of his life. He had a problem with alcohol and used it as a coping mechanism to help numb his pain and chronic symptoms.

Here's what they did:

He decided to stop alcohol, focus on his diet and fitness programs, and implement the RCP foundation principles, alongside coaching with Chris.

Here are the results:

- ✓ Sober for 6+ years!
- ✓ Lost over 60lb, in his best shape physically and mentally.
- ✓ Feels better now in his 40s than he did in his 20s

“

Chris has been such an inspiration and help in my health and wellness journey and owe it to him for pointing me in the correct direction.”

Case Study Success



Scott Wollack

Scott is an engineer that has struggled with his weight and his addiction to food and bad eating habits, which kept him from getting to his goals.

Here's where they struggled:

Scott struggled with his nutrition, not picking the correct foods and eating tons of junk food to help manage his stress. He also struggled with mental health and went through periods of burnout and depression, along with feelings of unknown anxiety.

Here's what they did:

Scott changed his diet, followed the STOPS and STARTS of the RCP, started to implement a fitness program with Chris, and made additional lifestyle changes along with mental health exercises.

Here are the results:

- ✓ He has lost 40lbs and gain solid strength.
- ✓ Balanced out his mental health and feels more grounded
- ✓ feels more relaxed and confident in his health and wellness

“

Chris was definitely the coach I was looking for! He pointed me in the right direction and gave me the courage to get out there and do it!”



Table Of Contents

1 Success Stories

2 Intro to RCP

3 How the Body Makes Energy

4 Oxidative Stress

5 Stress, Fatigue, & RCP

6 The Stops

7 The Starts

8 Phase X

9 Daily Schedule Example

10 Recommended Products

11 Next Steps

(Please click on video will take you to Vimeo)

UNLOCK HOLISTIC HEALING!

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02

Intro to RCP

The Root Cause Protocol (RCP), created by Morley Robbins, boosts Ceruloplasmin (bioavailable copper), a key protein for reducing oxidative stress, inflammation, and improving mitochondrial energy. It includes STOPS (what harms Ceruloplasmin) and STARTS (to support it). By rebalancing magnesium, copper, and iron, RCP restores energy, reduces symptoms, and strengthens natural defenses. Increasing copper clears excess iron, easing the strain on magnesium, which supports 3,700 vital functions.

(Please click on video)



This video is about the Creator of the RCP Morley Robbin's, a mentor in the field of minerals for optimal body health!

In the next video I'm going to be talking about the RCP Handbook! Click the Link below to take a look and grab your own handbook!

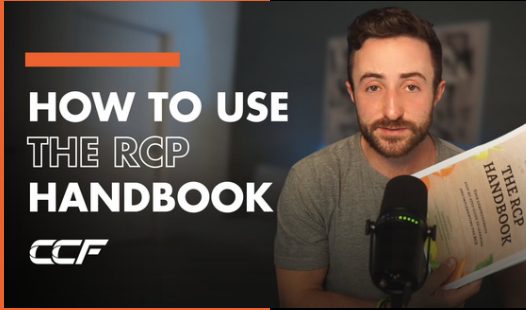
[Handbook](#)

(Please click on video)



This video will go over the handbook! It's not necessary but if you like more tangible stuff then it's great to have on hand!

(Please click on video)



Watch this video to know how to use the RCP Handbook if you choose to print it out!

Click the button below to get access to the key terms!

[Click Here](#)

(Please click on video)



Master the key terms so you understand the topics that will be discussed!

(Please click on video)



It's crucial to challenge the status quo and question the health advice we've been given by so-called authorities. Misleading myths like avoiding cholesterol, red meat, and salt, overloading on calcium and vitamin D, ignoring sugar and mercury, or trusting fluoride without question, are harming our health. Gaining awareness of these misconceptions helps us uncover the truth and reclaim our well-being, as society has veered dangerously off track.

(Please click on video)



Understand that the Great Oxygen Event was started by bacteria!!!

Iron and Oxygen together make "rust"

***That rust is oxidative stress within our bodies
And left untreated, by a body lacking
bioavailable copper, will lead to symptoms
and disease soon enough!***

(Please click on video)



Copper is super important for keeping us healthy and full of energy! It helps your body use oxygen safely to make energy and keeps iron in balance so it doesn't cause problems. Without enough copper, your body can't make energy properly.

Copper also helps your immune system by fighting off germs like bacteria and viruses. But some habits, like taking too much zinc, vitamin D, or iron, can weaken your defenses. Learning how copper works can help you stay healthy and strong. Stay tuned for more!

(Please click on video)



Let's talk about cholesterol, a super important part of our body that's been around for 2.5 billion years! Cholesterol helps protect us when our body doesn't have enough of a mineral called copper and has too much iron.

Making cholesterol takes a lot of oxygen—11 molecules of oxygen for just 1 cholesterol molecule! When we don't have enough copper to handle oxygen safely, cholesterol steps in to help. If your cholesterol goes up, it might just be your body protecting itself.

If you're curious about your cholesterol and health, ask for a blood test called Oxidized-LDL (OxLDL). If it's high, it means there's "rusting" in your body from too much iron and not enough copper and magnesium. This rust can build up in your blood vessels and lead to heart problems.

*Instead of worrying, read *The Cholesterol Myth* to learn more (though it doesn't talk about copper). And remember, it's always good to talk to your doctor. Thanks for watching, and stay tuned for the next video where we connect all the pieces!*

(Please click on video)



Summarizing the importance of copper managing iron and controlling oxidative stress!

(Please click on video)

**ENERGIZE WITH
MAGNESIUM
& COPPER**
CCF



Click on the link below to read a great book called [The Magnesium Miracle](#)

[Click Here](#)

Magnesium is key for energy in our bodies, working alongside copper, iron, and ceruloplasmin. Too much iron and too little copper cause "rust," but copper moves iron and helps oxygen turn into water for energy, while clearing waste.

Energy is made in mitochondria, where a copper enzyme turns oxygen into water, releasing energy. Magnesium then helps make ATP, our body's fuel. Without enough copper (ceruloplasmin), energy drops. Balancing these minerals keeps our cells healthy. Stay tuned for more!

(Please click on video)



In this video, we'll talk about how farming changes have caused a "Crisis of Mineral Deficiency," where our food has lost important minerals like copper and magnesium while adding too much iron.

Over the last 90 years, farming has shifted from local, seasonal methods to big, mass production. Crops are often picked before they're ripe, so they don't absorb enough minerals from the soil. Farmers use pesticides and fertilizers that harm the soil, making it harder for plants to get the nutrients they need.

One big problem is a chemical called glyphosate, used in many pesticides. Glyphosate removes copper from the soil, so it can't get into the food we eat. Without enough copper, our bodies don't work as well. Some scientists even think glyphosate, not gluten, is why more people have stomach problems like celiac disease.

*We've also lost minerals from our diets in other ways. For example, we now use refrigerators instead of mineral-rich sea salt to keep food fresh. A farmer named Andre Voisin explained in his book *Soil, Grass, Cancer* that healthy soil leads to healthy plants and animals, which keeps people healthy too.*

The good news is you can make better choices! Look for fresh, local foods grown without harmful chemicals. These foods are more likely to have the minerals your body needs to stay strong and healthy.

(Please click on video)



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[Click Here](#)

Let's explore how the American diet has changed over time. In the 1920s, food processing became popular, especially refining foods. This process removes most nutrients, leaving less healthy options behind. Around the same time, refined sugars were introduced to make food taste better and increase sales. Unfortunately, this rise in sugar contributed to nutritional deficiencies, especially in copper and magnesium.

*Things got worse in 1941 when the U.S. government started adding inorganic iron to foods like wheat flour and grains to combat anemia. While well-intentioned, this decision was based on outdated ideas about iron deficiency. By 1969, the FDA even proposed tripling the amount of added iron in food. Thankfully, experts pushed back, and the increase was limited to 50%. Why is this a problem? Iron is a pro-oxidant, meaning it can cause oxidative stress, which damages cells and speeds up aging. It also depletes magnesium, leading to chronic inflammation. As Azhaar Ashraf points out in *The Aging of Iron Man*, too much iron can create a harmful cycle: oxidative stress depletes magnesium, and low magnesium makes oxidative stress worse.*

Today, many common foods, like grains and breads, lack magnesium and are loaded with inorganic iron. Supermarket products are often fortified, but these additives are far from healthy. To show just how extreme iron fortification is, I'll share a video of iron filings being pulled out of cereal with a magnet— it's shocking!

This discovery opened my eyes to how drastically our diet has shifted. Additional resources will be linked for those who want to dive deeper.

In the next video, we'll explore another major change: the rise of the low-fat diet. Stay tuned!

(Please click on video)



Here are two videos talk about Ancel Keys and his studies

[Short Video](#)

[Long Video](#)

The low-fat diet became popular after President Eisenhower's heart attack in 1955, aiming to lower cholesterol intake. This led to the "cholesterol myth," which wrongly labels cholesterol, especially LDL, as a major cause of heart disease. This myth drove widespread use of cholesterol-lowering statins, now the most prescribed drugs in the U.S., even recommended for teens.

However, studies like Ravnskov and Diamond's 2016 research reveal cholesterol is essential, not harmful. The liver naturally produces 1,000mg of cholesterol daily and makes more if dietary intake drops. Cholesterol supports cell membranes, the nervous system, hormones, and fat absorption.

The real culprit in heart disease is oxidative stress from excess iron, which oxidizes LDL cholesterol and leads to plaque buildup. Cholesterol actually defends against oxidative stress, rising during inflammation to protect the body.

The low-fat diet also reduced retinol (vitamin A) intake from animal foods like liver and eggs. Retinol is vital for growth, immunity, and making copper bioavailable for iron management.

Ancel Keys' Seven Countries Study falsely linked high cholesterol to heart disease by ignoring data from other countries. This flawed research demonized cholesterol, leading to health problems from low-fat diets and iron-fortified grains.

Stay tuned for the next video on how medical practices contribute to magnesium loss!

(Please click on video)



As of 2021, medical students receive only 30 minutes of nutrition education during four years of school. This means many doctors lack training in vital nutrients like copper, iron, magnesium, and ceruloplasmin—key players in energy production and health.

Modern medicine often ignores “energy deficiency,” failing to understand how mitochondria produce ATP, the body’s energy fuel. While “mitochondrial dysfunction” is recognized, its connection to mineral imbalances is often overlooked. This gap traces back to the 1910 Flexner Report, which restructured medical education to focus on drugs over nutrition. Combined with the rise of petrochemicals, healthcare shifted toward treating symptoms with medications. Unfortunately, prescription drugs can deplete essential minerals like magnesium and copper, as shown by researcher Dr. Mildred S. Seelig.

Doctors also rely on serum iron tests, which don’t reflect tissue iron levels that can be 10 times higher. Without enough bioavailable copper, iron gets trapped in tissues, causing oxidative stress and inflammation. This often leads to misdiagnoses, like “anemia,” treated with iron supplements that worsen the problem.

The Iron Recycling System, which provides 95% of daily iron needs, relies on copper. When it’s disrupted, it contributes to autoimmune and digestive issues. Addressing mineral imbalances, rather than just symptoms, is key to improving health.

In the next video, we’ll explore ferritin’s misunderstood role in iron health. Stay tuned!

(Please click on video)



In 1972, the way doctors measured iron changed from focusing on hemoglobin to using serum ferritin levels. Ferritin is an iron storage protein found inside cells, not in the blood. When it shows up in the bloodstream, it's often a sign of inflammation and advanced health issues.

High ferritin levels don't necessarily mean healthy iron status. Instead, it can indicate iron mismanagement, where excess iron is stuck in tissues, causing chronic inflammation. Ferritin in the blood acts like an "empty shotgun shell," holding little to no iron, as the iron has already been stored in organs and tissues.

This critical distinction is often missed in medical training. Serum ferritin provides only a partial picture of iron health, which is why the Root Cause Protocol (RCP) community calls it "Errortin." High ferritin may reflect inflammation, not iron vitality.

During my own health journey with mold and fatigue, my ferritin was alarmingly high at 404. Initially blamed on my carnivore diet, I later learned it reflected poor iron regulation, not strong iron health.

Understanding ferritin's limitations is vital for reclaiming your health and energy. In the next video series, we'll explore how your body actually produces energy. Let's get started!

(Please click on video will take you to Vimeo)

HOW TO MAKE ENERGY

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03

How the Body Makes Energy

In this module, we'll learn how your body creates energy through a process called cellular respiration. We'll also explore the 40 quadrillion mitochondria in your cells and their critical role in energy production.

Next, we'll dive into the importance of copper, magnesium, and ceruloplasmin in this process and how they help your body function at its best.

Remember, this is a coaching program, not just a course. I'm here to guide and support you with the science, tips, and strategies that helped me regain my health. Stay tuned!

(Please click on video)



Here are some great resources on Keys to Making Energy

[Click Here](#)

Your body makes energy through a process called cellular respiration, which involves three key steps:

- 1. Making Water: Hydrogen and oxygen combine to form water.*
- 2. Recycling ADP to ATP: The formation of water releases ADP, which is converted into ATP (your body's energy fuel) with the help of copper and magnesium in the mitochondria.*
- 3. Protecting Tissues: Copper, through ceruloplasmin, helps prevent iron from interacting with harmful byproducts of energy production, protecting your body from damage.*

Think of energy production like a Ferrari engine—it generates power but also produces exhaust. Similarly, your body creates oxidants (byproducts of oxygen use) during cellular respiration. Copper helps clear these oxidants before they can harm your cells.

Fun fact: Your body produces your weight in ATP every day and uses 1 billion ATP with each heartbeat!

Understanding cellular respiration and how copper, magnesium, and ceruloplasmin play vital roles is key to better health. Don't worry—this isn't a test, but knowing these terms will help you follow along. I'll share resources to explain these concepts further.

By understanding these basics, you can grasp how your body makes energy and why it's important for your health. Let's keep learning!

(Please click on video)



Mitochondria, often called the "powerhouses" of cells, are essential for producing energy through a process called cellular respiration. Here are some fascinating facts about mitochondria:

- *Dynamic Networks: They constantly divide and fuse, working like power grids to supply energy.*
- *Unique DNA: Mitochondria have their own DNA, similar to bacteria, and are inherited entirely from your mother.*
- *Energy Production: They produce ATP, the energy your body uses, while also managing the byproducts of this process.*

However, mitochondria are vulnerable to damage during ATP production because they generate free radicals, also known as Reactive Oxygen Species (ROS). These can harm mitochondrial DNA, which lacks the protective mechanisms of nuclear DNA and is 16 times more likely to be damaged. This damage leads to more free radicals, creating a cycle of dysfunction.

Organs with high energy needs, like the heart, brain, and muscles, are most affected by mitochondrial dysfunction. This can contribute to diseases like Alzheimer's, Parkinson's, and heart disease.

Maintaining mitochondrial health is crucial, not only for energy production but also for preventing illness. Key nutrients like copper, magnesium, and ceruloplasmin play vital roles in supporting mitochondrial function.

In the next video, we'll explore how these nutrients keep your mitochondria healthy. Stay tuned!

(Please click on video)



By now, you should have a basic understanding of how energy is produced in the body through cellular respiration, which involves three key stages: glycolysis, the Krebs cycle, and the electron transport chain.

You've also learned about mitochondria, often referred to as the power grids of our cells.

These crucial structures can be damaged or mutated if oxygen is not efficiently utilized, or if they are exposed to excessive oxidative stress.

In the upcoming videos, I'll delve into the critical roles of copper, magnesium, and ceruloplasmin in this energy production process.

We'll explore how these elements influence mitochondrial function and help mitigate oxidative stress.

Additionally, I'll cover the impact of iron on oxidative stress in a subsequent section.

Stay tuned for the next video where we'll focus on copper's essential role in cellular energy production!

(Please click on video)



Here are some articles backing up this video and information. Feel free to take a look!

[Click Here](#)

[Click Here](#)

Copper is a trace mineral that your body needs but cannot produce. It is essential for energy production and overall health. Without enough bioavailable copper, your body cannot generate the energy needed to function properly.

In your cells, copper supports enzymes and helps mitochondria produce Mg-ATP, the energy your body uses. Copper also plays a key role in over 500 liver functions, protects organs like the thyroid from oxidative stress, and supports your immune system.

Copper is crucial for making red blood cells (hematopoiesis), which carry oxygen and fight infections. Without enough copper, red blood cell production drops, often leading to misdiagnoses of anemia. Copper also helps produce neutrophils, white blood cells that combat infections. A lack of copper can weaken these cells, causing neutropenia (low neutrophil count).

Additionally, copper supports bone, collagen, and connective tissue formation and prevents certain genetic disorders. It even protects your body from oxidative stress, which can damage tissues and organs.

Research highlights copper's importance in neurodevelopment and preventing degenerative conditions. Yet, its role is often overlooked in modern health care.

Next, we'll explore how magnesium works with copper to create energy. Stay tuned!

(Please click on video)



Here are some resources to Magnesium!

[Click Here](#)

Dr. Lawrence M. Resnick stated, "Without enough magnesium, cells simply don't work." Magnesium is essential for energy production, muscle function, and heart health. If you're feeling fatigued, you might have a magnesium deficiency—it's that simple.

Magnesium supports over 3,700 processes in the body, far more than the 300 enzymes previously thought. It's vital for breaking down proteins, carbohydrates, and fats and is crucial in the Krebs cycle, glycolysis, and stabilizing ATP, the body's main energy molecule.

Magnesium also protects the heart, reducing risks of heart disease, stroke, and high blood pressure. It works as a natural calcium channel blocker, preventing dangerous blood clots and regulating blood pressure. A 2012 study showed lower magnesium levels increase stroke risk, and other research links low magnesium to higher heart disease mortality.

Stress rapidly depletes magnesium, a concept called the "Magnesium Burn Rate." Oxidative stress worsens this, emphasizing the need for daily magnesium intake. However, magnesium depends on copper for balance. Without enough copper, iron builds up in tissues, leading to oxidative stress and further magnesium loss.

Dr. Jerome Sullivan's "iron-heart hypothesis" connects this copper-iron imbalance to heart disease, highlighting copper's role in maintaining magnesium levels and cardiovascular health.

Daily magnesium and copper intake are key to the Root Cause Protocol. In the next video, we'll explore ceruloplasmin, the bioavailable form of copper, and its role in health. Stay tuned!

(Please click on video)



Here are some extra resources that were discussed in the video!

[Click Here](#)

[PDF](#)

Ceruloplasmin is like the sun for our metabolism—central to energy production and managing cellular waste. Acting as a "Swiss Army knife," it has over 20 enzymatic functions and serves as a taxi for copper, carrying 6-8 copper atoms to places like mitochondria where they are most needed. This protein helps regulate iron, preventing it from accumulating in tissues and causing oxidative stress and inflammation. Ceruloplasmin also neutralizes harmful radicals, protecting cells from damage. Without enough bioavailable copper, energy levels drop, and oxidative stress rises, causing various health issues.

Relying on ferritin tests to assess iron levels can be misleading, as they don't show how well iron is being managed. Ceruloplasmin ensures iron stays in circulation instead of being stored in tissues where it can cause harm. During inflammation or stress, ceruloplasmin levels naturally increase to help the body heal, yet some view this rise as harmful. Lowering ceruloplasmin disrupts iron regulation, worsening health problems.

Ceruloplasmin also strengthens the immune system by helping neutrophils fight bacteria and regulating enzymes like MPO, which is critical for athletes. A deficiency in ceruloplasmin increases oxidative stress, especially after exercise, and can lead to serious issues.

Understanding the roles of ceruloplasmin, copper, and magnesium is essential for energy and overall health. In the next video, we'll explore how they support cellular respiration. Stay tuned!

(Please click on video)



Here are some scientific research papers to look into if you would like!

[Click Here](#)

[Click Here](#)

Our mitochondria create 90% of our energy and manage waste. When mitochondria malfunction, energy production drops, waste builds up, and fatigue sets in, potentially leading to chronic illness.

The Root Cause Protocol focuses on mitochondrial health, with ceruloplasmin and copper playing vital roles.

Ceruloplasmin, carrying up to 50,000 copper atoms, helps mitochondria convert oxygen and iron into energy while managing harmful byproducts. Copper is essential for key steps in the electron transport chain (ETC), particularly at Complex IV and V, where oxygen is turned into water to produce energy (ATP).

A lack of copper or ceruloplasmin disrupts this process, reducing energy and increasing oxidative stress. It can also cause iron to accumulate in cells, damaging mitochondria further. Ensuring enough dietary copper naturally boosts NAD+ levels, reducing the need for expensive therapies.

Magnesium is equally crucial. ATP, the body's energy molecule, needs magnesium (Mg-ATP) to function.

Magnesium activates enzymes in glycolysis and the Krebs cycle, essential for converting glucose into high-energy compounds. Without enough magnesium, oxidative stress increases, and energy production shifts to creating lactic acid, causing fatigue and energy deficits.

Energy production relies on copper, ceruloplasmin, and magnesium, yet these critical factors are often overlooked in standard fatigue diagnoses.

In the next video, we'll explore why mitochondrial dysfunction signals deeper metabolic issues. Stay tuned!

(Please click on video)



Here is a scientific article for you to look at if you want!

[PDF](#)

Denham Harman's "Free Radical Theory of Aging" explains how free radicals, or oxygen accidents, harm health and speed up aging. Over time, Harman realized that mitochondrial health plays a key role in determining lifespan since mitochondria both create and suffer from oxidative stress.

Mitochondrial dysfunction, a common term, sounds serious but is manageable. The Root Cause Protocol (RCP) helps address this by focusing on the "key" (copper and ceruloplasmin) and "fuel" (magnesium) needed to maintain healthy mitochondria. Unfortunately, these crucial factors are often overlooked in medical care, and many doctors lack training on mitochondrial health.

With 40 quadrillion mitochondria in our bodies, their proper function is vital. Oxidative stress can damage cardiolipin, a fat needed for energy production in the electron transport chain. This damage worsens when key minerals—copper, magnesium, and ceruloplasmin—are depleted.

As we age, iron accumulates while magnesium and copper decrease, disrupting the balance needed to prevent oxidative stress and maintain energy. This imbalance leads to mitochondrial dysfunction, not as an irreversible disease but as a treatable condition.

Restoring mineral balance with copper, magnesium, and ceruloplasmin can improve mitochondrial function, boost energy, and enhance overall health.

In the next session, we'll explore how iron contributes to energy deficiencies and oxidative stress. Stay tuned!

(Please click on video will take you to Vimeo)

OXIDATIVE STRESS AND MINERAL BALANCE

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04

Oxidative Stress

Oxidative stress occurs when too much iron and not enough copper (especially ceruloplasmin) disrupt the body's balance. This leads to low energy in cells, causing symptoms like fatigue and contributing to diseases such as diabetes, heart problems, and neurodegenerative conditions.

By balancing minerals like copper and magnesium, the Root Cause Protocol helps reduce oxidative stress and inflammation, improving energy levels and overall health. The goal is progress, not perfection—boosting energy, returning to exercise, and feeling good in your body. Addressing these root causes is key to living a healthier, more vibrant life. Stay tuned for more!

(Please click on video)



Here are some extra resources for you to look into!

[Click Here](#)

[Click Here](#)

Oxygen is essential for life but can also act as a poison, creating free radicals during cellular respiration. These free radicals, or Reactive Oxygen Species (ROS), cause “rust” in the body when combined with excess iron stored in tissues, leading to oxidative stress and damage.

Oxygen allows our mitochondria to produce energy (ATP) efficiently, increasing energy output by 20 to 70 times compared to anaerobic metabolism. However, as we age, we accumulate about 1mg of iron daily. Without managing this buildup, iron reacts with oxygen, causing fatigue and oxidative stress, especially in older adults.

Copper plays a critical role in preventing this damage. During cellular respiration, copper-dependent enzymes help convert oxygen into water, avoiding harmful byproducts like superoxide and hydrogen peroxide. Without enough bioavailable copper (ceruloplasmin), these byproducts can interact with unbound iron, forming hydroxyl radicals—the most damaging free radicals. These radicals harm mitochondria, DNA, and proteins, leading to energy loss and mitochondrial dysfunction.

Copper-rich enzymes act like cleanup crews, neutralizing free radicals and preventing oxidative damage. By maintaining adequate copper levels and following the Root Cause Protocol (RCP), you can support your mitochondria and sustain energy well into later life.

Aging is inevitable, but with proper lifestyle practices and mineral balance, it’s possible to stay energetic and healthy through your 40s, 50s, and beyond. Taking proactive steps now helps reduce oxidative stress and promotes long-term vitality. Stay tuned for more insights!

(Please click on video)



Here is a good scientific article about iron in nutrition.

[Click Here](#)

Iron is essential for your body, playing key roles like carrying oxygen to cells, supporting immune function, helping muscles work, maintaining lung health, and repairing tissues. It's also vital for making collagen and neurotransmitters. But iron doesn't work alone—it needs bioavailable copper to do its job.

Iron is a main ingredient in hemoglobin, the protein in red blood cells (RBCs) that carries oxygen. Hemoglobin has four heme groups, and your body can't make these without copper. An enzyme called ferrochelatase acts like a crane, inserting iron into heme. This process depends on copper. Your RBCs live about 3–4 months, and copper helps maintain their lifespan through an enzyme called Oxygenase-1. Without enough copper (like ceruloplasmin), RBCs break down too quickly, stressing your body. The Reticuloendothelial System (RES) recycles 95% of the iron your body needs daily—about 24mg—while only 1mg comes from your diet. Yet, most of us consume far more than 1mg, especially from fortified foods. Copper is critical for keeping this recycling system working, preventing iron from getting stuck in tissues and causing oxidative stress. Blindly supplementing iron for “anemia” without addressing copper can worsen health issues. Unregulated iron can lead to aging and serious conditions over time. Balancing copper and iron is key to your health. Thanks for learning—stay tuned for more insights!

(Please click on video)



Here are some links and articles that are talked about in the videos!

[Click Here](#)

[PDF](#)

Our food system is overloaded with iron, leading to its buildup in tissues—a problem often ignored. Anemia is commonly thought to result from iron deficiency, but it usually stems from poor iron management in the body, not low iron levels alone.

Serum iron, like a car's miles per gallon, reflects how efficiently your body manages iron. If iron recycling is disrupted, often due to low bioavailable copper and retinol, serum iron may appear low. This issue was misinterpreted in the 1920s, leading to iron fortification in the 1940s.

True iron deficiency anemia is rare and typically caused by severe blood loss. Most cases involve iron dysregulation, where insufficient copper prevents proper iron metabolism. Copper plays a key role in creating enzymes like ferroxidase, which safely regulate and recycle iron.

Studies by Warburg and Krebs in 1927 showed that copper enzymes increase when iron is low, highlighting copper's importance. In 1934, doctors won a Nobel Prize for treating anemia with copper-rich beef liver, proving copper is essential for healthy blood production. Modern medicine often overlooks copper's role, focusing solely on iron. Proper iron regulation depends on copper to prevent iron overload and oxidative stress. Addressing anemia requires balancing copper and supporting the iron recycling system, not just adding more iron.

(Please click on video)



Here are some PDFs scientific articles for you to further your knowledge.

[PDF](#)

[PDF](#)

Standard iron tests measure hemoglobin, serum iron, and serum ferritin. Doctors often diagnose anemia based on these results, but this approach overlooks how iron is managed in the body.

Iron in tissues can be up to ten times higher than in blood. Ferritin, an iron storage protein, is mostly found inside cells, not in the bloodstream. Low blood iron doesn't always mean a deficiency—it often indicates iron is trapped in tissues due to insufficient bioavailable copper. Copper, managed by the enzyme ferroxidase, is essential for mobilizing iron and preventing its buildup.

Serum ferritin, a marker of inflammation, doesn't reflect actual iron stores. Instead, it shows extracellular activity and can mislead doctors into thinking iron levels are low. Excess tissue iron leads to oxidative stress, which is worsened without copper to regulate it.

Another form of stored iron, hemosiderin, holds up to ten times more iron than ferritin but is rarely tested. This lack of awareness contributes to misdiagnosed anemia, with iron supplements often given instead of addressing the real issue: copper deficiency.

Blood acts as a transport system for minerals, but iron in the blood doesn't reflect tissue levels. Imbalanced iron and missing copper lead to harmful oxidation and chronic fatigue.

To improve health, focus on restoring copper and supporting proper iron recycling rather than simply adding more iron. This approach addresses the root causes of chronic conditions linked to iron dysregulation. Stay tuned for more insights!

(Please click on video will take you to Vimeo)

CHOLESTEROL & COPPER: STRESS INDICATORS

CCF

05

Stress, Fatigue & RCP

Stress impacts energy and health, contributing to fatigue and oxidative stress. Iron, a major element on Earth, reacts with oxygen to create "internal rust" in our bodies, leading to damage. Copper plays a key role in managing oxygen safely, enabling energy production in mitochondria and clearing harmful byproducts. The Great Oxygen Event, 2.4 billion years ago, introduced oxygen and copper enzymes like multi-copper oxidases, which convert oxygen to water. Copper is also vital for processes like cholesterol production and managing oxidative stress. Copper deficiency can increase cholesterol and oxidative damage, highlighting its importance for health.

(Please click on video)



Below are some link resources for you if you want more information or like to nerd out!

[Click Here](#)

[PDFs](#)

Stress is a part of life, but it takes a toll on the body. Bruce Lipton, PhD, estimates that stress contributes to 95% of diseases. Stress doesn't just affect emotions—it triggers oxidative stress in cells, especially when the body lacks copper. Copper is vital for using oxygen to produce energy and remove waste.

Stress also depletes magnesium, the main mineral that combats it. Dr. Mildred Seelig introduced the idea of magnesium loss from various stress types—physical, emotional, environmental, and metabolic. Morley Robbins called this the "Magnesium Burn Rate." Losing magnesium leads to lower electrolytes, reduced energy, cell death, inflammation, and eventually tissue damage.

The root of this cycle often lies in copper deficiency, which causes iron to build up in tissues. This excess iron worsens oxidative stress and speeds up magnesium loss. Without enough copper and magnesium, the body struggles to handle stress.

Copper is the only element capable of managing oxygen effectively in the body, but its deficiency creates more stress on cells and organs. Many people overlook copper's role in health, even though studies highlight its importance.

Unlike animals, humans have a harder time recovering from stress due to mineral deficiencies. Adding copper and magnesium to the diet can strengthen the body's ability to manage stress and build resilience. These minerals are key to breaking the cycle of stress and maintaining health.

(Please click on video)



Here are some PDFs for further reading for you!

[Click Here](#)

[Click Here](#)

Stress doesn't just affect emotions; it changes how your body works. When you're stressed, your body releases cortisol. This triggers a big increase in a protein called metallothionein, which binds copper 1,000 times more tightly than zinc.

Why does this matter? Copper is essential for energy production, immune function, and brain health. When metallothionein locks up copper, less is available for your body to use, leading to lower energy, weaker immunity, and reduced mental clarity. Chronic stress keeps this cycle going, making it harder for your body to recover. Two studies highlight the effects of stress on your body. The first shows how fear can reduce oxygen levels in tissues, creating oxidative stress. The second reveals how stress promotes oxidative damage in the liver. Both link stress to physical changes that can harm health. To reclaim energy and health, it's important to understand how stress affects you personally. By reviewing your "Stress Narrative," we can pinpoint events that may have triggered your symptoms. Tests like bloodwork and Hair Tissue Mineral Analysis (HTMA) can show how stress has impacted your mineral levels. In the next video, we'll explore practical steps from the Root Cause Protocol to manage stress and restore balance. Stay tuned!

(Please click on video)



The Root Cause Protocol (RCP) focuses on balancing key minerals to reduce oxidative stress and boost energy. Its goal is to increase bioavailable copper, reduce unbound iron, and slow magnesium loss. Copper, managed by ceruloplasmin, is crucial for energy production and preventing iron from causing damage.

Ceruloplasmin, a multi-copper protein, regulates iron by escorting it safely and preventing harmful oxidation. Its activity, called ferroxidase, is essential for maintaining health and reducing inflammation. Retinol (vitamin A) helps load copper into ceruloplasmin, making it bioavailable.

Magnesium supports over 3,700 proteins and is critical for energy (Mg-ATP) and balancing calcium. Chronic stress depletes magnesium, leading to fatigue and inflammation. Replenishing magnesium while addressing iron and copper imbalances is vital for health.

The RCP includes simple "STOPS" to improve health, such as avoiding iron, vitamin D3, and zinc supplements, as well as processed foods, artificial sweeteners, and fluoride. These changes help protect ferroxidase function and reduce oxidative stress.

By following the RCP's steps, you can restore energy and improve your health without needing a deep understanding of the biochemistry. In the next module, we'll cover assessing your health and tailoring the protocol to your needs. Stay tuned!

(Please click on video)



Here is a PDF for the Blood Markers I run for my clients.

[PDF](#)

Before starting any protocol, testing and tracking your health are essential. Tests provide a clear picture of your current condition and help measure progress over time. While test results are helpful, I focus on observing symptoms because test data can sometimes lag behind symptom improvements or appear contradictory.

For example, serum magnesium tests often show "normal" levels, but this only reflects about 1% of magnesium in the body. Most magnesium works inside cells, supporting vital functions like energy production, which is better measured through RBC magnesium tests.

If budget is a concern, start by recording all your symptoms and tracking changes throughout the Root Cause Protocol (RCP). This simple step can reveal valuable insights.

Recommended tests include:

- *Serum Iron: Reflects iron efficiency.*
- *TIBC/Iron Saturation: Shows iron docking availability.*
- *Serum Ferritin: Indicates iron storage in tissues.*
- *Serum Copper: Measures total blood copper.*
- *Serum Ceruloplasmin: Assesses bioavailable copper regulating iron.*
- *RBC Magnesium: Checks magnesium levels in red blood cells.*
- *Plasma Zinc: Measures zinc in blood.*
- *Hemoglobin: Evaluates oxygen-transporting protein in blood.*
- *Vitamin A (Retinol): Assesses preformed vitamin A.*
- *Vitamin D (25-OH) and 1,25(OH)2D3: Measures storage and active forms of vitamin D.*

If you haven't completed these tests yet, consider requesting them from your doctor or ordering independently. Need help? Contact me or use the resources linked below.

In the next video, I'll explain the key values of these blood markers. Stay tuned!

(Please click on video)



When reviewing blood test results, it's important to focus on the big picture rather than getting overly fixated on specific numbers. Here's why:

Imagine you're feeling fantastic—energized, stronger, and thriving on your program. But when you check your blood levels, they're not "optimal." It's natural to feel confused or even panicked. On the flip side, you might feel unwell, yet your test results show everything as "normal."

This disconnect between lab results and how you feel highlights the need for balance. Test results are just one piece of the puzzle. Trust your symptoms and improvements as key indicators of health progress.

If interpreting test results feels overwhelming, consider consulting a professional for guidance. This helps you stay objective and avoid unnecessary stress.

Optimal Blood Marker Levels

- **Serum Iron:** Women 100mcg/dL, Men 120mcg/dL
- **Iron Saturation:** 25-30%
- **Serum Ferritin:** 20-50ng/mL
- **Serum Transferrin:** 300mg/dL
- **Serum Copper:** 100mcg/dL
- **Ceruloplasmin:** 30mg/dL
- **RBC Magnesium:** 6.5mg/dL
- **Plasma Zinc:** 100ug/dL
- **Hemoglobin:** Women 12.5g/dL, Men 13.5g/dL
- **Vitamin A:** Three times your vitamin D level
- **Vitamin D:** 15-30ng/dL

In the next session, we'll dive into Hair Tissue Mineral Analysis (HTMA) for deeper insights. Stay tuned!

(Please click on video)



Here is a video for women and the HTMA test!

[Click Here](#)

The Hair Tissue Mineral Analysis (HTMA) is a simple, noninvasive test that checks the levels of key minerals like calcium, magnesium, sodium, and potassium in your body. It also identifies harmful metals such as aluminum, mercury, and lead. Unlike blood or urine tests, which provide a snapshot, HTMA reflects your body's mineral balance over the past three months, offering valuable insights into long-term health.

HTMA is unique because it evaluates mineral ratios, showing how minerals work together in your body. These ratios are important since minerals don't act alone—they need to stay balanced for optimal health. This test can also highlight patterns of "mineral stress" that other tests might miss.

To ensure accurate results, hair samples should be clean, undyed, and cut close to the scalp. Collect hair from different spots at the back of the head, using the first 1-1.5 inches of growth. If scalp hair isn't available, pubic hair can be used, but scalp hair is preferred. The sample should be about one and a half tablespoons in size.

Once the test is complete, the lab provides a detailed report. Send this report, along with your blood work, before our consultation. To track progress and address symptoms effectively, I recommend repeating HTMA and blood tests every 6-12 months for the first 2-3 years.

This concludes our session on HTMA! Next, we'll explore the dos and don'ts of the Root Cause Protocol to support your health journey. Stay tuned!

(Please click on video will take you to Vimeo)

STOPS OF THE ROOT CAUSE PROTOCOL

CCF

06

The STOPS

In this module, I'll dive deeper into each of the STOPS to help you understand how eliminating them can reduce your fatigue and improve your health. The Root Cause Protocol (RCP) focuses on boosting bioavailable copper, an often overlooked yet crucial element for energy production in the body. Bioavailable copper is essential for increasing energy levels and is highly sensitive to various nutritional factors, which we'll explore in this module. It's important to start eliminating these STOPS as soon as possible for better health and vitality!

Lesson 06

Stop Iron Supplements & Iron Fortified Foods



Here is a link to the book I mentioned in the video!

[Click Here](#)

Iron supplements and fortified foods can harm your health. Since 1941, grains, flours, and foods have been fortified with enough iron, so additional supplementation is unnecessary. Here's why avoiding iron supplements and fortified foods is important:

1. Misinterpreted Tests: Many doctors misread hemoglobin, serum iron, and ferritin levels, leading to unnecessary iron supplement recommendations.
2. Natural Recycling: Our bodies recycle 95% of iron daily through the Reticuloendothelial System, which is regulated by bioavailable copper. We only need 1mg of iron from food, which is easy to get from a balanced diet.
3. Toxic Forms of Iron: Iron supplements and added inorganic iron in fortified foods disrupt natural physiology. These forms are toxic to mitochondria and interfere with copper, which is essential for energy production.

Iron overload from supplements and fortified foods can cause fatigue and other health problems. Stick to natural dietary sources of iron for better health. For more details, see Jym Moon's book, *Iron: The Most Toxic Metal*.

Lesson 06

Stop Taking Vitamin D Supplements



Here are some extra resources for you to understand this more.

[Click Here](#)

[PDF](#)

My Thoughts on Vitamin D

Vitamin D is widely recommended, but there are misconceptions that need addressing. Here are some key points:

1. **The Active Form:** The bioactive form of Vitamin D, 1,25-dihydroxy vitamin D, powers the immune system but isn't usually tested. Blood tests often measure 25-hydroxy vitamin D, the storage form, leading to confusion about levels.
2. **Vitamin D Needs Retinol:** Vitamin D works best with retinol (Vitamin A), which activates key receptors. Many neglect retinol by avoiding animal products rich in it.
3. **Supplementation Concerns:** Supplemental Vitamin D acts like a hormone, not a vitamin. Research shows it can cause potassium loss and increases the liver's demand for magnesium, leading to deficiencies in magnesium and bioavailable copper.
4. **No Need for Excess:** Doctors often recommend high storage D levels (30-100 ng/ml), but research from Johns Hopkins suggests no clinical benefit above 21 ng/ml. Excessive supplementation can disrupt metabolism and harm mitochondria.

Sunlight vs. Supplements

Natural sun exposure is superior to supplements. Sunlight not only produces Vitamin D but also activates Vitamin A, both essential for healthy metabolism.

My Advice

Ask your doctor to test the bioactive Vitamin D form (1,25-dihydroxyvitamin D). Focus on sunlight and maintaining good cholesterol levels for natural Vitamin D production. Avoid excessive supplements—they might do more harm than good.

Stay tuned for our next topic: Calcium!

Lesson 06

Stop Calcium Supplements



Here are some extra resources for you to understand this more.

[PDF](#)

Calcium is essential for health, but calcium supplements, especially calcium carbonate, aren't always the best choice. Here's why:

The Problem with Calcium Supplements:

1. **Bone Health Disruption:** Calcium supplements can interfere with bone-building and energy metabolism. Often, bone loss is caused by excess iron, not a lack of calcium.
2. **Iron's Role:** Excess iron damages bone cells and enzymes needed for regeneration, disrupting healthy bone growth.
3. **Missing Nutrients:** Bone health relies on Retinol (Vitamin A), bioavailable copper, and magnesium, which activate bone-building enzymes but are often missing in diets.
4. **Calcium Misplacement:** Excess iron can move calcium from bones to soft tissues, causing osteoporosis and artery calcification at the same time.
5. **Supplement Ratios:** Many calcium supplements have an unhealthy calcium-to-magnesium ratio (2:1), blocking magnesium absorption. A 1:1 ratio is better for bone health.
6. **Diet Over Supplements:** Foods like goat milk, yogurt, seeds, almonds, and leafy greens provide sufficient calcium without the risks of supplements.

The Bigger Picture: Modern diets often have an imbalanced calcium-to-magnesium ratio (about 5:1), leading to health issues. Focusing on dietary sources and balancing key nutrients is crucial.

My Advice: Skip excessive calcium supplements. Instead, eat a nutrient-rich diet with magnesium and bioavailable nutrients. Monitor both calcium and iron levels for better health. Stay tuned for our next discussion on Zinc!

Lesson 06

Stop taking Zinc Supplements



Zinc is an important mineral, but it's best to get it from food instead of supplements. Here's why:

Problems with Zinc Supplements:

1. **Ferroxidase Enzyme:** Zinc supplements can block the ferroxidase enzyme in ceruloplasmin. This enzyme helps convert harmful iron into a safer form, reducing oxidative stress.
2. **Metallothionein Proteins:** Extra zinc triggers metallothionein production in the liver, which binds copper much more tightly than zinc. This can lower bioavailable copper, harming energy production.
3. **Copper-Zinc Balance:** Dr. Carl Pfeiffer emphasized the importance of balancing copper and zinc. Supplementing zinc with B6 to address high kryptopyrroles (byproducts of red blood cell production) doesn't solve the deeper problem of low bioavailable copper.
4. **Copper's Role:** Red blood cell production needs bioavailable copper to activate ferrochelatase, an enzyme crucial for healthy cells. Without copper, zinc and B6 loss increases, worsening the issue.

My Advice: Skip zinc supplements and focus on zinc-rich foods to keep your minerals balanced.

Lesson 06

The Stops



Here are some extra resources for you to understand this more.

[PDF](#)

Molybdenum is a trace mineral that helps the body break down proteins and other substances. You can get it from foods like milk, cheese, legumes, nuts, and soy products. However, molybdenum supplements might not be a good idea.

Here's why:

Why Avoid Molybdenum Supplements?

1. **Copper Chelation:** Molybdenum can interfere with the copper-carrying protein ceruloplasmin, leading to a copper deficiency. Copper is essential for many metabolic processes, and a lack of it can harm your health.
2. **Animal Studies:** In animals, high molybdenum levels combined with sulfur in grass lead to copper deficiency. Humans can face similar issues when consuming too much molybdenum through supplements.

My Advice:

Skip molybdenum supplements and rely on a balanced diet to meet your mineral needs naturally.

Lesson 06

The Stops



Here are some extra resources for you to understand this more.

[PDF](#)

Multivitamins, multiminerals, and prenatal vitamins may seem like a quick fix, but they aren't ideal for supporting bioavailable copper, which is crucial for health. Here's why they may not be the best choice:

1. **Chemical Mixtures:** Many multivitamins contain hidden ingredients and high levels of iron, which can cause harm unless consumed as part of a natural, ancestral diet.
2. **Copper Inhibitors:** Ingredients like Vitamin D3, molybdenum, synthetic vitamin C, citrate, and citric acid in these supplements can block bioavailable copper, leading to imbalances.
3. **Poor Ratios:** These supplements often have unhealthy mineral ratios, such as twice as much calcium as magnesium or up to 15 times more zinc than copper, disrupting the body's natural balance.
4. **Synthetic Ingredients:** The B-vitamins in many multivitamins come from synthetic sources, like petroleum byproducts, making them less effective than whole food-based alternatives.

My Advice:

Skip multivitamins and choose whole food-based supplements instead.

These are easier for your body to absorb and provide nutrients in a form closer to what nature intended.

Lesson 06

Stop taking Synthetic Vitamin C

Here are some extra resources for you to understand this more.

[PDF](#)



Synthetic ascorbic acid, often promoted as Vitamin C, may do more harm than good, especially at high doses. Here's why it's problematic:

1. Breaks Down Ceruloplasmin: Research shows ascorbic acid breaks down ceruloplasmin, the copper-carrying protein essential for enzyme functions. This can cause oxidative stress.
2. Reduces Bioavailable Copper: Studies, including one in the American Journal of Clinical Nutrition (1983), reveal that high ascorbic acid intake decreases ceruloplasmin activity and bioavailable copper.
3. Acts as a Toxin: Synthetic ascorbic acid can disrupt metabolism and contribute to chronic fatigue and disease.
4. Low-Quality Sources: Most synthetic ascorbic acid is derived from genetically modified corn and often manufactured in China, raising concerns about quality.
5. Citrate and Citric Acid: These compounds, found in synthetic supplements, also suppress ceruloplasmin activity, harming copper metabolism.

My Advice

Avoid synthetic ascorbic acid and products containing citrate or citric acid. Instead, focus on whole food sources of Vitamin C, like citrus fruits, bell peppers, and leafy greens, for better health and energy.

Lesson 06

Stop High Fructose Corn Syrup



Hey everyone,

This is a quick and simple message: Consuming high fructose corn syrup (HFCS) and synthetic sugars is one of the worst things you can do for your health!

Here's why:

The Problem with HFCS and Synthetic Sugars

1. Copper Blockage: HFCS and synthetic sugars block the pathways that allow copper to enter the body. They prevent dietary copper from being absorbed in the gut and from entering cells.

My Advice

Stick to whole foods. If there's a nutrition label, check for and avoid ingredients like corn syrup or high fructose corn syrup.

Lesson 06

Stop Using Seed Oils

Here are some extra resources for you to understand this more.

[PDF](#)

[Video](#)



Hey everyone,

Let's talk about seed oils, which are highly inflammatory. Common ones include soybean, canola, safflower, and corn oils. Here's why you should avoid them:

The Problem with Seed Oils

1. Omega-6 vs. Omega-3: Seed oils are high in Omega-6 fatty acids. A healthy Omega-6 to Omega-3 ratio is 2:1 to 4:1, but the standard American diet is around 20:1, causing increased inflammation.
2. Oxidative Stress: Polyunsaturated Omega-6 oils are more reactive and can lead to lipid peroxidation, especially when combined with excess iron, causing oxidative stress and inflammation.
3. Prostaglandins: Omega-6 oils increase prostaglandin activity, leading to more inflammation and pain, especially in copper-deficient states.
4. Healthy Alternatives: Use oils like olive oil, coconut oil, avocado oil, grass-fed butter, tallow, and ghee instead.

My Advice

Avoid seed oils and opt for healthier fats to reduce inflammation and promote healing. These healthy oils include:

Olive Oil, Coconut Oil, Avocado Oil, Grass Fed Butter, Tallow, Ghee

Lesson 06

Stop Using Fluoride

Here are some extra resources for you to understand this more.

[Link](#)

[PDFs](#)

[Book](#)



Fluoride, the most reactive element on Earth, combines with water to create oxidative stress. Here's why avoiding fluoride is important:

1. Oxidative Stress: Fluoride in tap water contributes to oxidative stress, which harms cells. It can enter the body through drinking water or be absorbed during bathing.
2. Magnesium Loss: Fluoride displaces magnesium in the body, leading to magnesium deficiency and disrupting essential metabolic functions.
3. Mitochondrial Damage: Fluoride impairs mitochondria, reducing their ability to activate oxygen for energy production, which is vital for overall health.

My Advice

Use fluoride-free toothpaste and mouthwash, drink reverse osmosis water, and limit fluoride-containing medications when possible. For more details, check out the book *The Devil's Poison*.

Lesson 06

Stop Using Colloidal Silver



Hey everyone,

Let's talk about colloidal silver, often touted as an antibiotic and antimicrobial. Here's why you should reconsider using it:

The Problem with Colloidal Silver

1. **Lack of Efficacy:** There's limited scientific evidence supporting the effectiveness of colloidal silver in treating infections or other health conditions.
2. **Argyria Risk:** Overuse of colloidal silver can lead to argyria, a condition that turns the skin blue-gray and is irreversible.
3. **Disruption of Gut Microbiome:** Colloidal silver can harm beneficial gut bacteria, leading to digestive issues and weakened immunity.
4. **Potential Toxicity:** Silver particles can accumulate in the body over time, potentially leading to toxicity and other health complications.

My Advice:

Avoid using colloidal silver as an antibiotic or antimicrobial. Opt for proven, safe alternatives to maintain your health.

Lesson 06

Stop eating low fat, high carb, & processed food diet



Hey everyone,

The standard American diet of low-fat, high-carb, processed foods is wreaking havoc on our health. Here's why you should stop following it:

The Problem with the Standard American Diet

1. Nutrient Deficiency: This diet leads to excessive sugar, unhealthy carbs, and poor-quality fats, depriving the body of essential minerals.
2. Health Issues: Poor eating habits contribute to fatigue, and susceptibility to infections, and chronic diseases like obesity, diabetes, cancer, heart disease, arthritis, Alzheimer's, dementia, depression, and anxiety.

My Advice

Adopt an ancestral diet and implement the STOPS and STARTS of the Root Cause Protocol (RCP). This will dramatically improve your energy levels and overall health.

Final Thoughts

Start STOPPING these harmful habits ASAP—it's free! In the next module, we'll discuss what you can START doing as part of the RCP.

Lesson 06

Limit Environmental Exposure



Hey everyone,

In this video, we'll discuss key environmental factors to limit for better energy and health:

1. **Mold:** Ensure your living environment is free from mold and has good air quality. Use air filters in rooms where you spend a lot of time.
2. **Water Quality:** Avoid tap water. Use reverse osmosis or distilled water. Check water quality at [[EWG.org](https://www.ewg.org)]
3. **EMFs:** Reduce electromagnetic fields by using EMF protectors, turning off Wi-Fi at night, and keeping screens out of the bedroom.
4. **Lighting:** Reduce blue light exposure two hours before bed. Use dim, eye-level lighting like lamps or fireplaces.
5. **Plastics:** Avoid using plastic containers for food and drink. Opt for glass containers and bottles.

We'll dive deeper into mold management in another module. Up next, we'll start implementing the Root Cause Protocol (RCP) gradually to avoid overwhelming your nervous system.

(Please click on video will take you to Vimeo)



**WELCOME TO
THE STARTS OF
THE RCP!**

CCF

07

The STARTS

This module introduces daily habits to boost energy and ease symptoms. The Root Cause Protocol (RCP) focuses on increasing magnesium and bioavailable copper to improve energy production and reduce inflammation. Bioavailable copper helps turn oxygen into energy and transforms harmful iron into a safer form. Without enough copper, oxygen reacts with toxic iron, causing oxidative stress—like "rust" in the body—leading to fatigue and health issues. By following the STOPs and STARTs, we can lower oxidative stress, preserve magnesium, and improve ATP production. Stay tuned for the next video on starting the STARTs!

(Please click on video will take you to Vimeo)

GUIDELINES TO RCP STARTS



Guidelines to RCP Starts

Before starting the STARTs, here are some guidelines. These are suggestions, not strict rules.

The STARTs are divided into three phases: Foundations, Supporting Nutrients, and Advanced Nutrients. Begin with the Foundations and move to the next phases at your own pace. You don't need to follow the exact order; the goal is progress, not perfection.

The Root Cause Protocol (RCP) isn't a quick fix but a process to improve your health over time. Many with chronic symptoms feel the need for perfection, but remember: focus on "Direction, Not Perfection." The RCP allows flexibility—you can't "mess it up." Move forward as your body adjusts.

Some people implement the RCP quickly, feeling better in months, while others take 12-18 months due to the time needed for their bodies to detox and adapt. Your journey will depend on how you respond to each new nutrient.

How long should you follow the RCP? Ideally, for life. The RCP isn't a temporary fix but a lifestyle that supports your body, especially during stress. Continue as much as you can to ensure lasting health benefits. Each phase builds on the previous one. Once you've completed Phase 1, start adding Phase 2 nutrients, and then move to Phase 3. The steps are cumulative.

My goal is to empower you with the tools and knowledge to reclaim your health and enjoy life to the fullest.

(Please click on video)



People with chronic fatigue often face "Adrenal Fatigue" alongside a lack of bioavailable copper and magnesium, essential for energy production in the mitochondria. The adrenal glands, located on top of the kidneys, produce about 50 hormones, including cortisol and aldosterone. Cortisol helps balance potassium, while aldosterone regulates sodium levels. Chronic stress depletes nutrients, creating a cycle that weakens adrenal function. This can cause high cortisol, low aldosterone, and potassium depletion, leading to symptoms like poor sleep, anxiety, and emotional imbalances.

Supporting adrenal health involves balancing sodium and potassium, which can be done with an Adrenal Cocktail. This drink provides nutrients in the proper ratio to aid adrenal function. A basic recipe includes:

- *4 ounces of freshly squeezed orange juice*
- *¼ teaspoon of potassium chloride or bicarbonate*
- *¼ teaspoon of sea salt*

For those who can't tolerate orange juice, substitutes like lemon or lime juice can provide whole food vitamin C. A pre-made adrenal cocktail supplement is also an option.

Start with one serving a day, typically around 10 a.m. or 2 p.m., on an empty stomach. Gradually increase to 2-3 servings if your body responds well, often indicated by improved energy levels.

(Please click on video)



Trace minerals, or micro minerals, are essential nutrients needed in small amounts to support vital functions in the body. They play key roles in enzymes, biochemical reactions, growth, neurological health, blood health, and hormone production. Examples include copper and iodine.

To ensure you're getting enough, you can add trace mineral drops to your water daily. A simple way to start is by adding $\frac{1}{2}$ teaspoon to your drinking water. I'll share a link to the trace mineral drops I use.

Another important mineral to focus on is magnesium, which can be absorbed through the skin using magnesium chloride lotion/oil or Epsom salt baths. These methods are helpful for gradually increasing magnesium levels without causing digestive discomfort. A unique option is floating in a sensory deprivation tank filled with Epsom salt—just take it slow if you're new to this.

Transdermal magnesium application allows you to build up levels effectively. I'll link my favorite magnesium lotion, which has clean ingredients and high magnesium content.

(Please click on video)



In addition to the whole food vitamin C complex included in the adrenal cocktails, aim to consume an extra 400-800 mg of vitamin C from whole foods or whole food supplements.

Remember to avoid synthetic forms of vitamin C, like ascorbic acid, as we discussed in the STOPS module.

I suggest starting with a lower dose and gradually increasing it based on how your body responds. Always listen to your body and adjust accordingly.

(Please click on video)



Magnesium is essential for your body to function properly, as Dr. Lawrence M. Resnick famously said, "Without sufficient magnesium, cells simply can't function." If you're feeling tired or run-down, it's likely due to a magnesium deficiency.

Magnesium supports over 80% of metabolic processes, including energy production. It plays a key role in breaking down proteins, carbohydrates, and fats, as well as creating Mg-ATP, the body's main energy molecule. Magnesium also helps muscles relax, supporting recovery, strength, and heart health. It's crucial for protecting against heart disease, strokes, and high blood pressure.

Here are four ways to boost your magnesium levels:

- 1. Food: Eat magnesium-rich foods like nuts, seeds, leafy greens, legumes, whole grains, fish, and dark chocolate.*
- 2. Magnesium water: Enriched water adds to your daily intake.*
- 3. Transdermal application: Use magnesium lotions, oils, or Epsom salt baths to absorb it through the skin.*
- 4. Supplements: Use magnesium malate for energy, glycinate for sleep, chloride in lotions, or sulfate in Epsom salts.*

The recommended daily dose is 5 mg per pound of body weight (10 mg/kg). For example, if you weigh 150 pounds, aim for 500-750 mg daily. Spread this amount across food, supplements, water, and skin application.

Start small and increase slowly to avoid digestive discomfort. Over time, magnesium can help reduce soreness, calm your nerves, and boost your energy. Take it slow, and enjoy the benefits!

(Please click on video)



There are several ways to increase your copper intake. The most effective way is by consuming grass-fed beef liver, which is not only a rich source of copper but also provides B vitamins and retinol (Vitamin A). A healthy grass-fed cow's liver typically contains twice as much copper as iron, making it a superior choice. It's crucial to choose grass-fed beef liver because grain-fed varieties not only have a different, less desirable taste but also lack the optimal mineral ratios due to unnatural rearing practices.

Since beef liver can be an acquired taste, I like to chop it up and mix it with my morning eggs, or sometimes I take it raw with a bit of milk. For those just starting, 4-6 ounces per week is a good baseline, and you can adjust based on how your body responds.

If the idea of eating raw beef liver is unappealing, you can also opt for desiccated beef liver supplements. These are essentially freeze-dried liver capsules, allowing you to benefit from beef liver without the taste.

Another way to get copper is through supplements. There are two types I recommend:

- 1. Copper biglycinate, which is readily available in stores.*
- 2. Copper sulfate, which can be made at home using sulfate crystals. I'll provide the instructions for making copper sulfate below.*

Copper is essential for many metabolic processes in the body. By ensuring your body has the right mineral support, you'll enhance ATP production and reduce oxidative stress, helping you regain energy and vitality.

(Please click on video)



Eating a whole food, organic diet is essential for better health and energy. Following the Root Cause Protocol (RCP) works best when you nourish your body with high-quality, nutrient-rich foods.

An ancestral diet focuses on what our ancestors ate, avoiding modern processed foods. A helpful rule is: if your great-great-great-great-grandmother wouldn't recognize it as food, it's probably not part of an ancestral diet.

The ideal ancestral diet includes:

- *Grass-fed beef*
- *Wild-caught fish*
- *Organic poultry*
- *Pasture-raised eggs*
- *Organic, seasonal vegetables and fruits*
- *Limited organic grains*

When shopping, prioritize farmers' markets for fresh, seasonal produce. For meats, choose trusted farms offering grass-fed or organic options. At the grocery store, stick to the perimeter where fresh items are sold, and avoid the processed food aisles.

This isn't about perfection—focus on gradual changes. Over time, you'll feel better and naturally lean toward this healthier way of eating. Personally, I've shifted to eating about 90% ancestral/animal-based and feel great knowing I'm giving my body the nutrients it needs.

Remember, progress matters more than perfection with the RCP. Small, consistent steps toward better eating habits will help you feel your best.

(Please click on video)



Water is essential for life, making up about 60% of our bodies. We can only survive around three days without it, so ensuring the water we drink is clean and pure is critical for our health and energy levels. Unfortunately, many municipal water supplies are contaminated and can negatively impact our well-being.

Tap water can contain harmful substances, such as microbial contaminants (like E. coli), inorganic pollutants (such as lead and arsenic), and chemicals like herbicides and pharmaceuticals. These contaminants can disrupt our health, but there are ways to improve water quality.

Here are some key tips for safer water:

- 1. Use glass containers: Avoid plastic bottles and opt for glass, which is safer for storing water.*
- 2. Invest in water purification: A reverse osmosis system, water distiller, or a trusted water delivery service can ensure clean drinking water.*
- 3. Filter household water: Install a whole-house water filtration system or use showerhead filters to reduce contaminants during bathing and showering.*

To learn about the water quality in your area, visit ewg.org. It's a great resource to identify what might be in your water. Reducing exposure to contaminants in water, food, and air is essential for detoxifying and achieving better health. While these steps may seem like extra effort, they can significantly improve your overall well-being.

(Please click on video)



B-vitamins are essential for your body, helping with energy, metabolism, and supporting your brain, skin, muscles, eyes, and digestive system. They also promote restful sleep, calm the nervous system, and help the body manage stress. Since B-vitamins are water-soluble, the body doesn't store them, and they can quickly deplete, especially during stress. Here's a list of the key B-vitamins:

- *B1: Thiamin*
- *B2: Riboflavin*
- *B3: Niacin*
- *B5: Pantothenic Acid*
- *B6: Pyridoxine*
- *B7: Biotin*
- *B9: Folate*
- *B12: Cyanocobalamin*

To get the most out of B-vitamins, focus on high-quality food sources like these:

1. *Bee Pollen: Packed with nutrients, it's a great addition to smoothies or acai bowls. Start with ¼-½ teaspoons daily, but avoid it if you're allergic to bees.*
2. *Stabilized Rice Bran: This offers B-vitamins, magnesium, amino acids, and fiber. Take 1-2 teaspoons daily, ideally on an empty stomach.*
3. *Beef Liver: Known as a "triple threat," beef liver provides copper, retinol, and B-vitamins. Aim for 4-6 ounces weekly. If the taste is too strong, consider desiccated liver supplements.*

By incorporating these nutrient-rich foods, you can naturally boost your B-vitamin intake and support your overall health.

(Please click on video)



Whole Food Vitamin E is a crucial antioxidant that helps neutralize free radicals and prevent cellular damage.

One of its key functions is to halt lipid peroxidation, a major source of oxidative stress in most tissues.

Vitamin E also supports the immune system by boosting levels of interferons and interleukins, which are vital for protecting the body against infections.

Additionally, Vitamin E is essential for the synthesis of CoQ10, a critical component in mitochondrial energy production.

It's important to consume Vitamin E in its whole food form, with a recommended dose of 400 IU daily, ideally taken with lunch.

However, keep in mind that, like cod liver oil, Vitamin E can have blood-thinning properties.

It's always wise to monitor this and consult with your doctor if needed.

(Please click on video)

START BORON: ESSENTIAL MINERAL

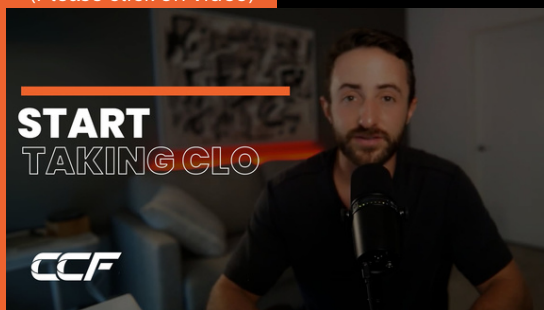
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Boron is a vital mineral that helps the body in many ways. It binds oxygen and regulates iron, which supports healthy metabolic processes. Boron is also crucial for bone health, aiding growth, preventing arthritis and osteoporosis, and helping wounds heal. This mineral plays a role in hormone balance by regulating estrogen and testosterone. It also helps retain magnesium in cells, reducing inflammation and oxidative stress. Boron lowers inflammatory markers like C-reactive protein and TNF- α , while boosting antioxidant enzymes such as superoxide dismutase, catalase, and glutathione peroxidase. Boron protects against oxidative damage from heavy metals, environmental toxins, mold, and chemicals. Studies, like "Nothing Boring About Boron," highlight its ability to improve brain function, memory, and even act as a potential natural anticancer agent. To get started with boron, a common dose ranges from 1,000 mg to 3,000 mg, usually taken with breakfast. Some people take up to 50 mg, but it's best to begin with a small dose and adjust based on your needs.

Another great way to absorb boron is through a detox bath. Add boron, magnesium, and baking soda to your bath water, soak for 20-30 minutes, and let your body absorb this essential mineral while relaxing.

(Please click on video)



In my opinion, Cod Liver Oil (CLO) is the second-best natural source of retinol, right after beef liver! Retinol, or real vitamin A, is crucial not just for the synthesis of bioavailable copper, but also for supporting thousands of other metabolic processes in the body. Additionally, Cod Liver Oil is rich in Omega-3 fatty acids, which are vital for reducing inflammation.

Moreover, Cod Liver Oil provides a naturally balanced ratio of Vitamin A to Vitamin D, making it a perfect choice for overall health.

For adults, it's essential to start with a low dose and gradually increase it over time. A typical serving of Cod Liver Oil provides 900 mcg (3000 IU) of vitamin A daily, which aligns with the recommended daily intake for adults.

For children, the starting dose is around 400 mcg (1333 IU), with a gradual increase to 700 mcg (2333 IU) as they grow.

Lactating mothers need up to 1300 mcg (4333 IU) of vitamin A, as breastfeeding can deplete retinol reserves in the body.

It's best to take Cod Liver Oil with breakfast.

As with any source of Omega-3s, be aware that Cod Liver Oil can have a blood-thinning effect. If you're already on blood-thinning medications, consult with your doctor before adding it to your routine.

That's it! We've now covered phases 1 and 2!

(Please click on video)



Taurine is a sulfur-containing amino acid. While it isn't classified as an essential amino acid because the body can produce it from methionine, many people lack the ability to make this conversion effectively. This is often due to a deficiency in cysteine oxidase, the enzyme required for the process, or insufficient levels of vitamin A and vitamin B6, which are also needed.

Taurine is crucial for brain development and maintaining healthy brain function. It also helps stabilize the electrical charge across cell membranes, supports a regular heartbeat, aids in fat digestion, enhances immune function by supporting white blood cells, and acts as an antioxidant.

The richest food sources of taurine are seafood, particularly clams, mussels, and scallops.

For supplementation, a typical dose is 500 mg of taurine, taken with food at dinner.

(Please click on video)



Let's dive into the benefits of silica!

Silica is a mineral that is abundant in the body when we are young, but its levels decline as we age. Because it is water-soluble, it must be replenished daily.

Silica serves several important functions in the body, including maintaining healthy cholesterol and blood pressure levels, improving digestion, and supporting energy production.

Additionally, silica has the benefit of helping to prevent and eliminate intestinal worms and parasites. Food-grade diatomaceous earth is an excellent source of silica, consisting of about 90% silica. It is made from the fossilized remains of tiny, hard-shelled algae called diatoms.

Diatomaceous earth is mildly abrasive, which helps cleanse the gastrointestinal tract by removing molds, mucus, fungi, and even toxic heavy metals like mercury.

When starting with diatomaceous earth as a supplement, begin with a small dose—around ½ teaspoon mixed with water. Gradually increase to one teaspoon per day, taken either in the morning or evening, and always away from food and other supplements.

Remember, diatomaceous earth can bind to nutrients and medications, so it's important to take it separately from any prescribed drugs.

(Please click on video)



Iodine is essential for the thyroid gland and is used by every cell in the body to function properly. It is most concentrated in the endocrine system, especially in the thyroid, which requires iodine to produce hormones. In women, iodine is also highly concentrated in the breasts, supporting tissue development and structure. In men, it is found in the testes.

Iodine deficiency is common in the U.S. due to:

- 1. Soil Depletion: Industrial farming has removed iodine from the soil.*
- 2. Dietary Deficiency: Many diets lack iodine-rich foods like ocean fish and sea vegetables while including bromine-rich bread and flour, which block iodine absorption.*
- 3. Chemical Exposure: Bromine, fluoride (in water and toothpaste), and chlorine (in water and pools) interfere with iodine absorption and use.*

To address deficiency, include iodine-rich foods in your diet, such as kelp, seaweed (which also contains selenium), scallops, cod, and cranberries.

Before starting iodine supplements, make sure your magnesium RBC and selenium RBC levels are optimal. These nutrients support the safe and effective use of iodine. Once balanced, daily iodine supplementation may be considered to further support thyroid and overall health.

(Please click on video will take you to Vimeo)

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RECOMMENDED
PRODUCTS!

08

Phase X

In Phase X of the RCP protocol, we focus on releasing excess iron through blood donation, managing histamine-related issues, and practicing mindfulness. Emotional Freedom Technique (EFT) helps release negative emotions like anxiety, guilt, or anger, improving overall well-being. Regular sunlight exposure and joyful movement are also emphasized for strength and healing. Small, steady steps in physical activity can help regulate your nervous system and boost energy. This phase integrates emotional, physical, and metabolic health to support your journey to optimal wellness. For more details, check out the videos, and I look forward to continuing this journey with you!

(Please click on video)



Donating blood is a powerful way to improve your health and help others. For men and post-menopausal women, donating every three months can remove 225-250 mg of excess iron, while menstruating women can benefit from donating twice a year. Excess iron can harm the liver and other organs, so donating helps activate the body's iron recycling system and supports liver function.

When donating, choose whole blood rather than platelets, plasma, or the "power red" option. Blood donation stimulates the production of healthy new blood cells, lowers cholesterol, and reduces the risk of heart disease, strokes, and chronic conditions. It also improves blood flow by reducing blood viscosity, lowering heart attack risk by up to 88%.

Beyond health benefits, each blood donation can save up to four lives. With five million Americans needing blood annually, your donation makes a meaningful impact. If you cannot donate due to medical conditions, therapeutic phlebotomy through a doctor or mobile phlebotomist is an alternative. Additionally, supplements like apple cider vinegar, turmeric, quercetin, stabilized rice bran, diatomaceous earth, and apolactoferrin can help manage high iron levels. A product called iDetox also supports iron balance.

Donating blood benefits both your health and the lives of others. Contact your local Red Cross or blood donation center to get started!

(Please click on video)



Food allergies and sensitivities are common but often go undiagnosed, affecting 10-30% of people in the U.S. Symptoms can range from mild to severe, and around 95% of cases remain untreated. Even ancient doctors like Hippocrates noted reactions like hives and stomach issues from foods such as milk. Common triggers include dairy, wheat, corn, tomatoes, peanuts, shellfish, and food additives. Environmental factors like mold, air and water pollution, and chemical compounds in homes can also cause issues. Symptoms of allergies and sensitivities may include:

- *Dark circles or swelling under the eyes*
- *Stuffy nose, postnasal drip, or mucus buildup*
- *Watery eyes or blurry vision*
- *Sinus issues, sore throat, or coughing*
- *Heart palpitations and headaches*
- *Digestive problems like bloating, diarrhea, or stomach pain*
- *Rashes, brittle nails, or dandruff*
- *Joint pain, fatigue, or anxiety*
- *Difficulty concentrating or sleeping*

If these symptoms persist and don't respond to treatment, exploring food sensitivities could help. Treatments like NAET (Nambudripad's Allergy Elimination Techniques) or Advanced Allergy Therapeutics can address these issues. Food sensitivity testing, such as the one offered in my VIP program, identifies problem foods to reduce inflammation, improve gut health, and manage symptoms. Hundreds of clients have found relief and healing through these methods. Managing food sensitivities and reducing exposure to environmental toxins is a crucial step in the healing journey. If you're interested in testing or my VIP program, reach out for more details!

(Please click on video)



Here are some extra resources for you to understand this more.

[Link](#)

Stress often starts when we feel "out of control," especially with chronic conditions that don't improve despite treatments. This stress can lead to fears, increasing the "magnesium burn rate" (MBR), where our bodies lose magnesium due to anxiety or fear. These feelings often stem from unresolved past events rather than current situations. Research shows that past experiences are stored in our cells as "cellular memories." These memories hold onto negative emotions and beliefs, continuing to impact us until healed. This is why old grudges and unpleasant events replay in our minds, even decades later.

Our cells record everything—experiences, conversations, and criticisms—whether accurate or not. Until we address these cellular memories, they can cause us to relive harmful emotions.

Healing these unresolved issues is essential for releasing stress and improving overall well-being. Techniques like Emotional Freedom Techniques (EFT), developed by Gary Craig, help release emotional baggage and heal cellular memories.

EFT uses simple tapping techniques to address fears and negative emotions, facilitating the energetic shifts needed for healing. It's a proven method, supported by studies showing its ability to improve multiple health markers. If you want to explore EFT, check out resources, practitioners, or apps designed for quick emotional release. Start tapping into a healthier, happier you!

(Please click on video)

BALANCING SUN EXPOSURE FOR OPTIMAL HEALTH

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Sunlight is essential for our health and well-being, but many of us spend most of our time indoors, missing its benefits. Sunlight helps our bodies make vitamin D and break down vitamin A (retinol), both vital for health. It also boosts mood and sleep by increasing brain chemicals like serotonin and melatonin.

Fear of skin cancer has led to overuse of sunscreen and avoidance of sunlight. However, moderate sun exposure is beneficial, while frequent sunburn increases skin cancer risk. When using sunscreen, choose natural options that allow UVB rays, which help produce vitamin D. Also, avoid wearing sunglasses constantly, as UV rays absorbed through the eyes aid brain health.

Aim for 20-30 minutes of daily sunlight. Spend time outside in the morning or afternoon to maximize benefits. Sitting by a window doesn't count, as glass blocks most UVB rays.

Limit artificial blue light exposure from devices, especially at night, as it disrupts sleep by lowering melatonin. To reduce its effects, limit screen time before bed, use blue light-blocking glasses, or switch to red lights for evening use.

By making time for natural sunlight and managing artificial light exposure, you can improve your energy, sleep, and overall health.

(Please click on video)



Our bodies are made for movement, but many of us lead sedentary lives, which affects our health. Studies show that being active can help us live longer, sleep better, and lower the risk of diseases like heart problems, cancer, and Alzheimer's. Exercise also reduces stress, anxiety, and depression while improving strength, flexibility, and confidence. It even aids digestion, boosts circulation, and supports the lymphatic system, which helps remove waste from the body.

The best exercise is one you enjoy. Joyful movement makes staying active fun and sustainable. Activities like walking, biking, hiking, swimming, or playing sports such as pickleball or golf can be great options. These not only get your heart pumping but also bring happiness.

Having dealt with mold illness, I've had to adjust my fitness routine. I used to push myself hard, but now I focus on what feels good and supports my body's needs. I aim for 2-3 full-body strength workouts a week and enjoy walking, sauna sessions, and fun sports like ping pong and pickleball. Sometimes, I even take dance classes because dancing brings me joy.

The key is finding activities that you love. Whether it's walking your dog, playing a sport, or simply moving more every day, staying active can make you healthier and happier.

(Please click on video will take you to Vimeo)

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DAILY SCHEDULE EXAMPLE

09

Daily Schedule Example

Here is a daily suggested supplement schedule!

Daily Schedule Example

ACTION STEPS

Throughout your day:

- Trace Mineral Drops - 1/2 tsp (mix w/ gallon of water to sip on throughout the day) - Phase 1-3

With Breakfast:

- Magnesium Malate - 200mg - Phase 1-3
- Cod Liver Oil - 900mcg /3,000IU - Phase 1-3
- Bee Pollen - 1/2 -1 tsp - beginning Phase 2
- Beef Liver - 1,500mg (or 1oz of raw beef liver)- beginning with Phase 1
- Boron - 1-3mg - Phase 3
- Iodine - 1 serving - Phase 3

Mid Morning (away from food):

- Adrenal Cocktail - 1 serving (mixed with OJ or water) - Phase 1-3
- Whole Food Vitamin-C Complex - 400mg - Phase 1-3

With Lunch:

- Magnesium Malate - 200mg - Phase 1-3
- Whole Food Vitamin-E Complex - 1 serving - Phase 1-3
- Beef Liver - 1,500mg - beginning in Phase 1 (only if you took supplement for breakfast)

Mid-Afternoon (away from food):

- Adrenal Cocktail - 1 serving (mixed with OJ or water) - Phase 1-3
- Whole Food Vitamin-C Complex - 400mg - Phase 1-3

With Dinner:

- Taurine - 500mg - Phase 3

Evening:

- Magnesium Glycinate - 200mg - Phase 1-3
- Topical Magnesium 1 application - Phase 1-3

Right Before Bed:

- Diatomaceous Earth 1/2-1tsp - Phase 3

(Please click on video will take you to Vimeo)

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**RECOMMENDED
PRODUCTS!**

10

Recommended Products

Hey everyone! Below, you'll find links to RCP-approved products that I personally use and recommend for clients. These products are high quality, free from harmful dyes, additives, and preservatives, ensuring they support the Root Cause Protocol effectively. Each product link goes directly to the official site or Amazon—no affiliate links yet, but I'll update if that changes. Incorporating these products will help remineralize your body over time. It took me 6-12 months to regain my health and energy, so be patient. If you have questions, drop them in the comments or community board. Let's keep moving forward together!

Recommended Products

Trace Mineral Drops

01

Aussie Trace Minerals



02

Trace Minerals



Recommended Products

Adrenal Cocktail Mixes

01 Ancient Lakes C+Salts



02 Jigsaw Adrenal Cocktail



03 Bodybio E-Lyte (With OJ)



Recommended Products

Whole Food Vitamin-C

01 FIQ- Whole C IQ.



02 Innate Response Vitamin-C



03 Pure Kakadu Plum Vitamin C Powder



04 Pure Kakadu Plum Vitamin C Powder



Recommended Products

Magnesium Orally

01 FIQ- Mag IQ Glycinate



02 FIQ- Mag IQ Malate



03 Doctor's Best Mag Glycinate



04 Jigsaw MagPure Malate



Recommended Products

Magnesium Topical

01 Mo' Maggie Mag
Lotion



02 Ancient Minerals
Mag Lotion



03 Ancient Minerals
Mag Spray



Recommended Products

Magnesium Salts

01 Ancient Minerals
Magnesium Salts



02 Amazon Basics
Epsom Salts



03 Yareli Dead Sea
Bath Salts



Recommended Products

Cod Liver Oil

01 FIQ - Cod Liver Oil



02 Rosita Cod Liver Oil Capsules



03 Rosita Cod Liver Oil



Recommended Products

Whole Food Vitamin-E

01 Purely-E Vitamin E



02 Standard Process Wheat Germ Oil



03 Life Extension - Gamma E



Recommended Products

Mother Nature B-Vitamins

01 FIQ - B-Complex



02 Foods Alive Non-Fortified Premium Nutritional Yeast Flakes



03 Natural Bee Pollen Fresh and Soft California



Recommended Products

Grassfed Beef Liver & Copper

01 FIQ- Copper IQ Serum



02 FIQ- Recuperate IQ



03 FIQ- Beef Liver IQ



Recommended Products

Silica Diatomaceous Earth

01 Diatomaceous Earth



Recommended Products

BORON

01

Boron Now
Supplements



02

Prescribed for Life
Borax Powder



03

Trace Minerals -
Boron



Recommended Products

Taurine

01 FIQ- Taurine IQ



02 Now Supplements Taurine



03 Pure Encapsulations Taurine



Recommended Products

Iodine

01

Starwest Botanicals
Organic Kelp Powder



02

Kelp Granules Blend



03

Seagreens Everyday
Iodine+



04

Lugol's Iodine
Solution 2%



Recommended Products

Ancestral Diet

01 TruBeef Organic



02 Snake River Farm



03 First Light Farms



04 Seatopia Seafood





11

Next Steps

I'm so happy that you made it this far and that you hopefully have gained the knowledge to start healing your metabolism and gain your health back so you can be a blessing to the people in your life! On the next page are some awesome next steps that I think you should take if you haven't already! These next steps have helped a lot of my clients get results faster and keep them longer! Go check out how to proceed on the next page!

Next Steps



01 Join Health Academy

If you haven't already signed up for the [Health Academy](#), Please do so! This is the most affordable way to get coached by Chris and get access to all his coaching material and functional lab screenings if need be!

02 Book Discovery Call

Please take the time to book your [FREE discovery Call](#) with Chris and team! This call will answer any questions you may have and guide you on next steps!



03 Start Exercise Routine

I'm giving you my 12-Week Hypertrophy & Strength Training Workout Program for FREE! Start this at your local gym! If you need more help sign up for the Health Academy and Chris & team will guide you more!



04 Order Supplements

Take a moment to click on the [link](#) and order your supplements for the RCP once, so you don't have to keep reminding yourself! Let's keep you healthy!



05 Follow @Chrisfitcohen

If you haven't already take this moment to follow Chris on Instagram so you can keep up todate on all his material and education!

Thank You!