

HEALING SELF



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In this e-book I wanted to review four core supplements I have found that work for every person I speak to that has been affected by fluoroquinolone antibiotics.

Coaching hundreds of patients I have found that there are core supplements necessary to healing the body after FQ exposure. I placed a label to those supplements called the "CORE FOUR".

I hope this free piece of advice will help you start the process of healing your cells, mind, body and spirit. You can get access to my supplement list by clicking [here](#), and the best part is you will get 15% off any supplement FOREVER! Yup, goodbye Amazon.

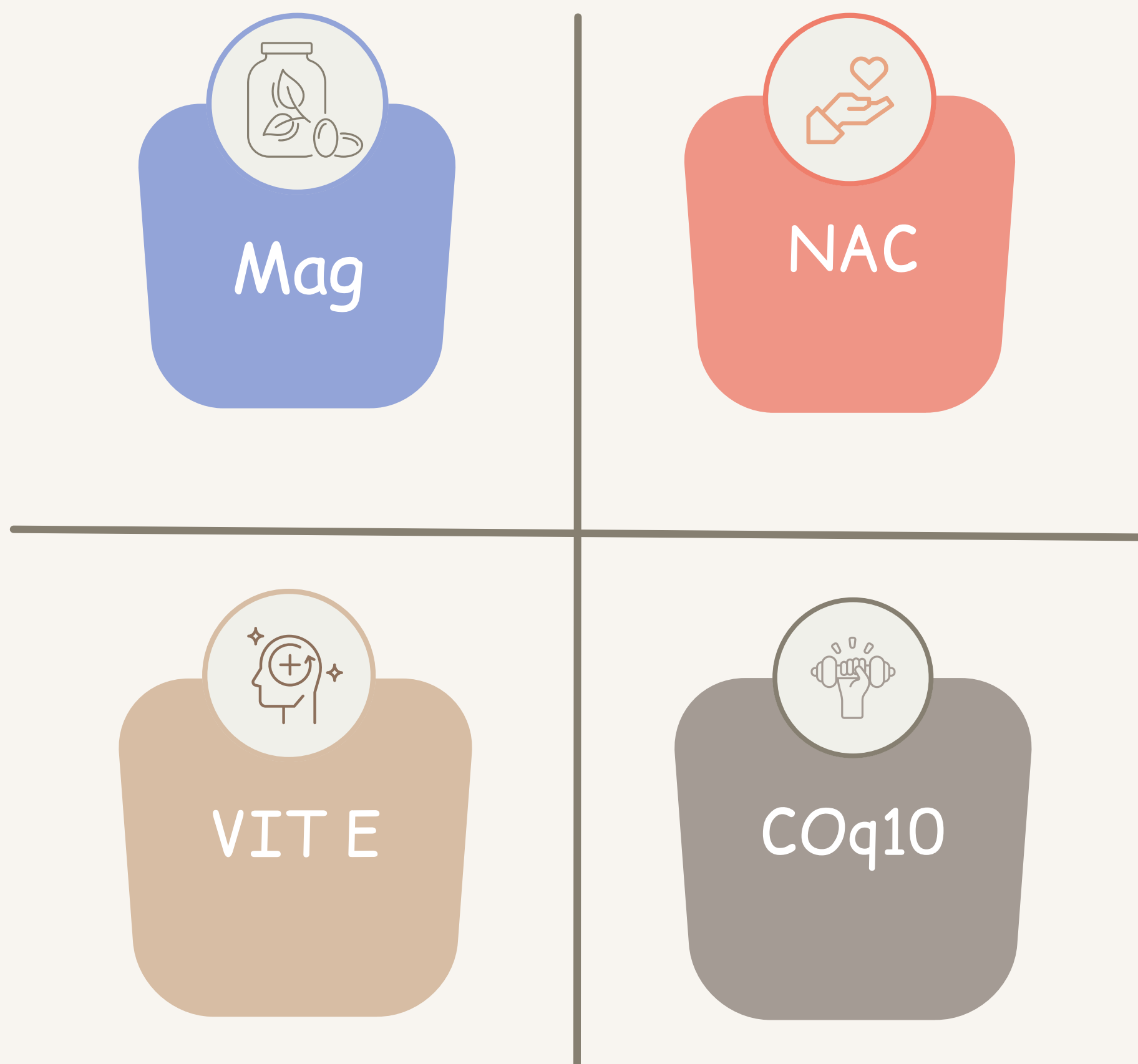
Ok, so lets get started on understanding why these four supplements can help you heal the effects of fluoroquinolone toxicity.

**CORE
FOUR**



4 Supplements

That help alleviate the
effects of fluoroquinolones



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Magnesium

Help restore the cellular
balance of missing minerals



Magnesium, is a crucial part of healing the side effects from any fluoroquinolone antibiotic. The mechanisms of the drug's action deplete cellular magnesium. This essential mineral helps with over 400 essential enzymatic reactions, things that your cells do to keep you healthy, and without it leaves your body defenseless against dysfunction. Using magnesium will help your body bounce back from the removal of magnesium during and after fluoroquinolone antibiotics.

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NAC

Help calm down free radical
production



N-acetylcysteine (NAC) is a powerful antioxidant. NAC is the supplement form of cysteine, an amino acid that helps the body create and use protective antioxidants. Your liver uses these amino acids to help create one of the most powerful antioxidants, called glutathione.

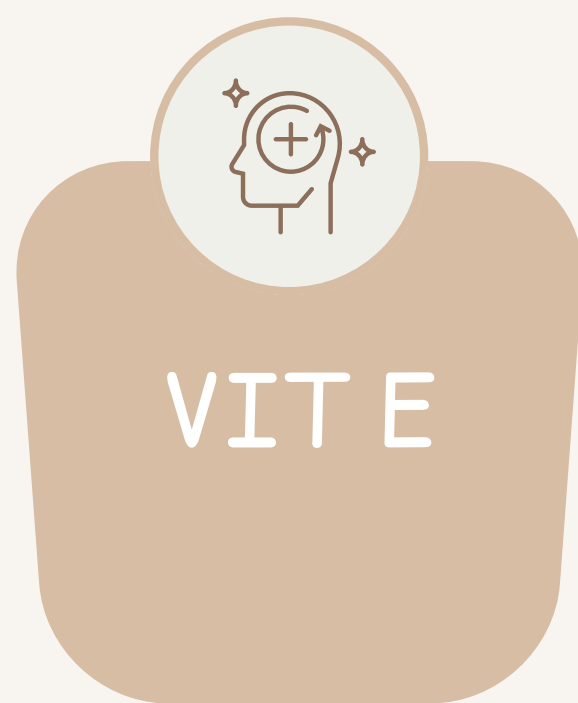
There is clinical evidence and experiential evidence that this supplement is of utmost importance after FQ exposure.

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VIT E

Help calm down free radical
production



Vitamin E is an important fat soluble vitamin that is essential to health. This powerful antioxidant in a few studies has been shown to help buffer the mitochondrial damage from fluoroquinolone antibiotics.

There is much to be said about this powerful antioxidant. I have seen many of my clients benefit from this vitamin post fluoroquinolone antibiotics.

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CoQ10

Happy Mitochondria



Coq10 also know as ubiquinol or ubiquinone is a free radical reducing powerhouse.

There is much to be said about this powerful antioxidant. It is what helps the mitochondria from overproducing free radicals when they are producing energy which protects your cells.

Also after fluoroquinolone use, the mitochondrial energy process (krebs cycle) becomes altered as shown in a 2017 study, and limits the cells production of Coq10 in the krebs cycle.

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This e-book is not intended for medical advice. The information here is for informative purposes only. If you are interested in adding any supplement to your life, please discuss this with your medical provider.

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