

**ANABOLIC “TISSUE BUILDING”
PROGRAM FOR HEREDITARY COLLAGEN DISORDERS**

This program is our recommendation for persons who have an inherited collagen disorder of the Ehlers-Danlos Syndrome (EDS) type. The recommendations given here are to complement and supplement, but not a substitute for inflammation and pain control.

I. DIET

- A. Eat at least two portions of these high-protein foods each day: fish, beef, pork, poultry, eggs
- B. Eat at least two portions of these fruits or vegetables each day: broccoli, green beans, squash, lettuce, asparagus, blueberries, plum, pear, apple

II. DIETARY SUPPLEMENT-DAILY

- A. Collagen Peptides, Collagen Polypeptides
- B. Vitamin B-12
- C. Vitamin C-1000 to 2000mg
- D. Vitamin K-2

III. HORMONAL AGENTS (Use at least one on 3 to 5 days a week)

- A. Colostrum
- B. DHEA-200 to 300mg
- C. Pregnenolone 90 to 200mg

<p><u>Options or Additions:</u> Deer Antler Velvet Gonadal Extract (Orchex® or other)</p>

It is suggested that you test for, and replenish all depleted hormones: Cortisol, DHEA, Estrogen, Pregnenolone, Progesterone, Testosterone.

IV. OPTIONS (For Persons with the Intractable Pain Syndrome)

- A. Human chorionic gonadotropin HCG 250 to 500 units on 3 days a week
- B. Nandrolone-compounded sublingual or buccal tablet 25 to 50mg on 3 to 5 days a week
- C. Testosterone 5 to 50mg on 3 to 5 days a week, depending on lab results
- D. Oxandrolone compounded 25mg capsule 1 to 3 times weekly
- E. Medroxyprogesterone 10mg twice a day on 3 to 5 days a week

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