

HUNTINGTON'S DISEASE

SECTION ONE: HD THE PATIENT'S GUIDE

THE PHEW PROTOCOL: APPENDIX C

TARGETED INTERVENTION: HUNTINGTON'S DISEASE (HD)

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DOCUMENT 1: THE PATIENT'S GUIDE

TITLE: The Broken Brake Line: Understanding and Managing Huntington's Disease.

THE CONCEPT: IT'S NOT YOU, IT'S THE SIGNAL

You have been told that Huntington's is a genetic error—a typo in your DNA that creates a "toxic protein" that kills brain cells. That sounds terrifying and unstoppable.

But let's look at it differently. What does that protein actually do?

It doesn't just attack the cell randomly. It cuts the brake lines.

Your brain cells (neurons) are like high-performance cars. When they speed up (get excited), they are supposed to release a chemical called Anandamide (The Bliss Molecule). This chemical travels backward to the engine and says, *"Okay, slow down, we're going too fast."*

In Huntington's, the "brake pedal" (the CB1 Receptor) has been removed. The brain presses the brake, but nothing happens. The car goes faster and faster (anxiety, movement/chorea, racing thoughts) until the engine blows up (cell death).

The Goal: We cannot easily change your DNA (the blueprint), but we can manually install new brakes and upgrade the fuel.

THE HD-SPECIFIC PROTOCOL

1. MORNING: THE COOLING SYSTEM (Neuro-Protection)

The HD brain is on fire with inflammation. We need to cool it down before the day starts.

- The Tool: The Up-Shake (Modified).
- The Modification: Add CBDa (Raw Cannabidiol) if available, or high-dose CBD oil.
- Why: CBD is a "neuro-protectant." It acts like a shield for your cells. It also boosts whatever Anandamide you have left, making the most of your remaining brake fluid.

- Essential Addition: 1 Tablespoon of MCT Oil. Your brain is struggling to process sugar (glucose). It is starving. MCT Oil turns into Ketones, a super-fuel that bypasses the blockage and feeds your brain directly.

2. EVENING: THE RE-WIRING (Receptor Training)

This is the most important part. We need to trick your brain into building new brake pedals.

- The Tool: The Antidote (Oxidized/Aged Cannabis).
- The Action: Use the Handover Exercise.
- Why: By using the "compromised signal" (CBNa/Old THC), we send a message to the brain: *"We are trying to signal you, but the connection is weak! Build more antennas!"* We are trying to force the brain to override the genetic blockade and build more CB1 receptors.

3. NIGHT: THE ENGINE SHUT-DOWN (Anti-Excitotoxicity)

The "twitch" (Chorea) happens because the nerves can't stop firing. We need a manual override.

- The Tool: The Twilight Tea (Heavy Magnesium).
- The Modification: Double the Banana Peel concentration (or use Magnesium Glycinate supplements).
- Why: Magnesium is a "Calcium Channel Blocker." It physically blocks the electrical spark that causes the muscle to twitch. It is the emergency handbrake.
- Fuel: Another dose of MCT Oil. Your brain does its cleaning/repairing while you sleep. Don't let it starve overnight.