

Expanded Sal Checklist

Learning about how to avoid sals can be anxiety producing for those just starting the guaifenesin protocol. It doesn't have to be, though. Sals only block for 24 hours after you stop using the product or doing the blocking activity. You can block once every 4-6 weeks and still make progress.

Your job is to limit your daily exposure to sals. They have a cumulative effect. Sal sensitivity is genetic. You may or may not block easily. There is no way to know how much exposure to sals will block your guaifenesin, so minimize the amount you use.

DO NOT USE THE FOLLOWING INGREDIENTS. THEY WILL BLOCK GUAIFENESIN FROM WORKING:

SALICYLATE, SALICYLIC ACID

CHEMICALS WITH THE SYLLABLE SAL, CAMPH, OR MENTH

OILS, GELS or EXTRACTS with a PLANT NAME
(except Corn, Rice, Oats, Wheat, or Soy- CROWS- which you CAN use)

BALSAM OR BISABOL

SUNSCREENS:

No Octisalate, Homosalate, Mexoryl (ecamsule), or Meradimate

VITAMINS:

No BIOFLAVINOIDS or QUERCETIN, HESPERIDEN or RUTIN, or any HERBAL INGREDIENTS (plant oils or extracts)

ANY PRODUCT WITH A FLAVOR:

If the product contains the word flavor, you'll need to make sure the flavor is not mint (of any kind: wintergreen, spearmint, peppermint, etc) and that it does not contain MENTHOL, CAMPHOR, or SALICYLATE. Do so by calling or emailing the manufacturer and asking them for a list of ingredients for the flavor.

DO NOT DRINK TEA

The exception is chamomile which isn't really tea because it's not made from the camellia sinensis plant.

<http://www.fibromyalgiatreatment.com/quick-check-for-salicylates.html>

Below, I've created an Expanded Checklist based on the common confusion of other guai protocol followers. It includes safe ingredients that are often thought of as unsafe, helpful hints when checking for sals, and common activities that can block guaifenesin. All you really need to know however, is that if it's on the quick check, don't use it. If not, it's safe.

EXPANDED SAL CHECKLIST

Safe Ingredients

Oils, gels and extracts from Corn, Rice, Oats, Wheat and Soy (C.R.O.W.S.) only

"Derived" or "synthesized" from a plant means it's been chemically changed and is no longer a plant/sal

Nutrition Facts

Homeopathy-the amount of sals is too low to block

Acids are safe (except for salicylic acid and Beta Hydroxy acid)

Butters

Squalene (this ingredient is made from rice-part of CROWS)

Waxes

Gum

Esters (ie.Jojoba Oil is not really an oil. It's a liquid wax ester)

Glycerides

Plants plus peg and a number (Peg 40 hydrogenated castor oil)

Ingredients made from the plant kernel or plant seed do not contain sals

Fragrances/parfum:

- Geraniol
- Limonene
- Linalool
- Citral
- Citronellol
- Hexyl cinnamal
- Benzyl salicylate is *only safe* when it's used as a fragrance stabilizer and listed among other fragrances on the label

Helpful hints

If you do not recognize an ingredient name that is in Latin (or English in the UK), it could be a plant. Do an online search to be sure.

Check sunscreen in all products, such as skin care and cosmetics.

Do not use products with "Supplements" or "Supplemental Facts" that contain plants with a mg amount.

Do not use a product containing "flavor" unless you can get a current list of *all flavor ingredients* from the manufacturer. Flavor in products can hide mint. If the ingredients in the flavor contain mint, menthol, mentholatum, camphor, or salicylate, do not use it.

Do not use plant essential oils directly on your skin. You can use it in a diffuser or in an essential oil pendant (Wear waterproof gloves when filling).

Common Blocking Activities

These are some common activities that will block guaifenesin from working. For optimal progress on the GP treatment, blocking activities should occur no more than once every 6 weeks. Most of us on the GP treatment do all of these things that we miss doing, on the same day once every 6 weeks to minimize blocking time.

Hair coloring/manicure/pedicure

Plant based nail polish can get into your cuticles and the hand/foot soak may contain sals.

Massage/acupuncture

Ask your massage therapist to use a sal free massage lotion such as emu oil, mineral oil or Freeup Unscented Massage Cream. (Check for sals before purchasing Freeup). With acupuncture, make sure your acupuncturist doesn't use sals on the needles before insertion.

Gardening

Fresh cut grass, wet grass, fresh clippings, fresh pulled weeds leak and picking wild berries are examples of things that will block guaifenesin. Use tall waterproof gloves and long sleeves while gardening. Cover all skin, feet, ankles, shins, etc., when walking across fresh cut grass or when gardening.

When out in public

Be careful to not use products for customers in an establishment. Examples of that are hand sanitizer (usually contains aloe vera gel), antiseptic wipes for grocery carts and cleaners for wiping down equipment at the gym, and hand soap at work.