

## **GP TREATMENT EXPANDED SAL CHECKLIST**

### ***DO NOT USE the following ingredients***

***DO NOT USE*** *Salicylate* or Salicylic acid.

***DO NOT USE*** CHEMICALS WITH THE SYLLABLE SAL, CAMPH, OR MENTH

***DO NOT USE*** OILS, GELS or EXTRACTS with a PLANT NAME-except C.R.O.W.S. which are Corn, Rice, Oats, Wheat, or Soy which are safe. (Occasionally, you find a C.R.O.W.S. ingredients made from silk or straw. They will block.) If you do not recognize a name that is in Latin (or English in the UK), do an online search, as it is most likely a plant.

***DO NOT USE*** BALSAM, BISABOL, PYCNOGENOL

***DO NOT USE*** SUNSCREENS in any product, including makeup that contain Octisalate, Homosalate, Mexoryl, MEXORYL SX or Meradimate

***DO NOT USE*** VITAMINS that contain BIOFLAVONOIDS which include QUERCETIN, HESPERIDEN, RUTIN, or any HERBAL INGREDIENTS (plant oils, gels or extracts that aren't C.R.O.W.S.)

***DO NOT USE MINT-*** ANY PRODUCT WITH A FLAVOR: NO MENTHOL, MENTHOLATUM, CAMPHOR, or SALICYLATE. Make sure the flavor is not mint (of any kind: wintergreen, spearmint, peppermint, etc).

***DO NOT DRINK TEA*** (5).

***DO NOT USE*** a SUPPLEMENT or "Supplemental Facts" that contain

- *Plants with a mg. amount* or flavor
- Herbs/flowers (plant oils, gels or extracts that aren't C.R.O.W.S.)
- Plant essential oils

## **GUAIFENESIN PROTOCOL SAFE INGREDIENTS**

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

Derived from a plant

Plant names ending in "ate"

Nutrition Facts

Homeopathy

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

Butters

Waxes

Gum

Esters

Glycerides

Plants plus a number (Peg 40)

Chemicals that do not contain the syllable Sal, Camph or Menth in the name

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

### **COMMON SALICYLATE 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.

#### **Drinking Tea**

Many drinks and juices now contain added tea, so read labels.

#### **Hair Coloring/Manicure/Pedicure**

While getting your hair and nails done, it's ok to use any product in the shop once every 6 weeks. 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 PrePak Products Freeup Unscented Massage Cream. (Check for sals before purchasing). 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, picking wild berries contain sals. Use tall waterproof gloves and long sleeves while gardening. Cover all skin, feet, ankles, shins, etc., when walking across fresh cut grass or when weeding.

#### **Marijuana/CBD/Cigarettes**

It is not yet known if marijuana is a blocker. It's not regulated, so there's no way to know how much sals are in each batch. To be safe, smoke in a way to avoid sal particulates, such as using a filter or vaping, as long as it's a flavorless cartridge. CBD oil contains some sals, so do not use it topically. Isolate powder is sal free and safe to use.

*What Your Doctor May Not Tell You About Fibromyalgia What Your Doctor May Not Tell You About Fibromyalgia: The Revolutionary Treatment That Can Reverse the Disease*, R Paul Saint Amand, MD and Claudia Craig Marek, 4th edition, 2019.