

Dr Levy's Super 8 Supplement Protocol



This flyer is a summary of episode 55 of the Vibrant You Health Show. In this episode, Blake interviews Dr. Thomas Levy about his new Super 8 Supplement Protocol. This protocol can boost the body's natural processes for detoxification, calcium metabolism, immune response, and cellular energy production. Dr. Levy is a world-renowned Cardiologist, author and speaker. You can watch this and all episodes of the Vibrant You Health Show at www.naturespantry.life under the health show tab. Find articles published by Dr. Levy at <https://orthomolecular.org/>. Get a free copy of Rapid Virus Recovery at <https://rvr.medfoxpub.com/>. You can find Dr. Levy's book, *Curing the Incurable: Vitamin C, Infectious Disease & Toxins* online.

Dr. Levy's Super 8 Supplement Protocol can be broken into two four-packs if you will. The first four-pack helps proper calcium metabolism: Vitamin C, Vitamin D, Vitamin K2 and Magnesium. The second four-pack supports cellular energy production: Niacinamide, Vitamin B2, COQ10 and Methylene Blue. Dr. Levy says that all disease is associated with excess calcium build up in the cell and lack of cellular energy production. Dr. Levy's Super 8 Supplement Protocol helps to both remove excess calcium from the cell and boost cellular energy production. Dr. Levy says that he would be flabbergasted if anyone with any health condition took all 8 of these supplement in the below amounts and didn't feel better than they had in years. You can find all the products mentioned on this flyer at Nature's Pantry in La Grande, OR, and you can shop online at www.naturespantry.life.

CALCIUM METABOLISM SUPPORT

Dr. Levy says, "In a nutshell, it should be viewed that high intracellular calcium is the cause, and the marker, of all chronic disease, and until you get that down, nothing else is going to have impact." Dr. Levy says that as long as the cell has excess calcium build up, it will not take in other beneficial nutrients. Vitamin C, Vitamin D, Vitamin K2, and especially Magnesium, will help get excess calcium out of the cell. Excess calcium in the cell leads to oxidative stress, inflammation and disease. Dr. Levy says that oxidative stress doesn't cause disease, but rather oxidative stress IS DISEASE.

Be careful with calcium supplementation, especially by itself. The studies clearly indicate that taking calcium by itself will not help build strong bones (with Vitamin D it will), and by itself it will not reduce chance of an osteoporotic fracture. According to Dr. Levy, taking calcium by itself accelerates your chance of heart disease, cancer and other chronic disease. Dr. Levy does not recommend taking calcium at all even with other supplements. He says that the body is already in a state of calcium excess. So, it's better to take the below four supplements to help the body metabolize calcium properly. He says that the below supplements will not only help the body be rid of excess calcium but will also help your body put some of that calcium in the bones and help strengthen bones as well as. He recommends not taking supplements that have any more than 100 mg of calcium, avoiding rolaid and tums, and using milk products in moderation.

Vitamin C multiple grams per day

Taking Vitamin C (ascorbic acid) is more of an art than a science. The optimal dose for most people is just below bowel tolerance. Bowel tolerance is what it sounds like. If you get a little gassy, back off a little. If you get loose stools, you've gone too far (but no harm done; this is what we call a C cleanse). For most people bowel tolerance is between 6,000 to 12,000 mg per day roughly. Vitamin C is water soluble, so it's better to take smaller doses more often. If your bowel tolerance is 9,000 mg per day, it's better to take 3,000 three times per day than to take 9,000 mg all at once. When you are sick, your bowel tolerance will go up. How much? To whatever level your body needs. The more C your body wants to use, the higher your bowel tolerance will be. People with mono can take as much as 200,000 mg per day in order to hit bowel tolerance. Whereas a normal cold might be more like 30,000 mg. For a chart on usual bowel tolerance doses for different health conditions see Helen Saul Case's book, *Orthomolecular Medicine for Everyone*. Dr. Levy takes LivOn Labs Liposomal Vitamin C because the absorption is so great that 1 packet (1,000 mg) per day is sufficient when he's well. He might take three to six packets per day when sick (or even as high as 10 to 30 packets in an acute crisis). Dr. Levy says that another way to get an affordable and

continuous stream of Vitamin C throughout the day, whether you are sick or well, is to put the desired amount of Vitamin C powder in a water bottle and sip on it throughout the day.

Magnesium as much as possible per day

You never have to worry about toxicity from magnesium because you will get the bowel effect long before you ever get to a toxic level. Magnesium is one of the only other supplements that you dose to bowel tolerance just like Vitamin C. Dr. Levy loves magnesium chloride because it's inexpensive and it covers pathogens better. Studies that compared magnesium chloride to magnesium sulfate, showed that magnesium chloride wipes pathogens out, whereas magnesium sulfate increases pathogens. We have many forms of magnesium chloride at Nature's Pantry: capsules, powder, lotions, oils, sprays, epsom salts and magnesium flakes. Dr. Levy also likes many other well-absorbed forms of magnesium like magnesium glycinate, magnesium threonate, and magnesium malate, etc.

Vit D 3,000 to 10,000 IU per day

At this dose of Vitamin D, most people are going to settle in at a blood level of 50 to 100 ng/ml and this is where you want to be. Many poor health outcomes are related to low Vitamin D levels. It's best to get a blood test once a year or so to make sure the amount of Vitamin D you are taking is getting you to the optimal level you need.

K2 500 to 1,000 mcg

K2 is extremely non-toxic. We may have not even found the high safe limit of K2 yet. The Japanese have many multi-gram K2 supplements, and they do very well on it. In the US we typically see mcg doses (1,000 mcg = 1 mg), so 500 to 1,000 mcg per day is a very safe amount.

CELLULAR ENERGY PRODUCTION SUPPORT

Dr. Levy says there are two primary goals to achieve optimal cellular health (and if the cell is optimally healthy, the body will be optimally healthy). What it takes to achieve optimal cellular health is to get the excess calcium out of the cell, to get magnesium into the cell, and to get normal levels of vitamin C into the cell, so the cell can synthesize glutathione (master antioxidant). This is goal number 1. Goal number 2 is to have maximum ATP production in the mitochondria. ATP is your primary energy delivery molecule in the body and a cofactor for many enzymes to make them run, for active transport of substances from the extracellular space to the intracellular space. "ATP makes the body hum," Dr. Levy says. ATP production happens inside the cell, inside the mitochondria. Much of the disease we face today is linked to the fact that we are not making enough ATP. When you take in nutrition in the form of glucose it comes in through the Krebs' cycle and is processed until it comes down to a form that can donate an electron to what's called the electron transport chain (ETC) inside the mitochondria. The ETC has four steps: NAD, FAD, COQ10, Cytochrome c oxidase (CcO). From there, it fires up an enzyme called ATP synthase which then starts turning out the ATP. "But the bottom line is that the ETC is the primary metabolic sequence that turns the electrons in the food we eat into ATP energy," says Dr. Levy.

Niacinamide 500 to 1000 mg per day

Large amounts of niacin or niacinamide will optimize NAD (first step of the ETC) production in the body. Dr. Levy prefers niacinamide because you won't get the flush like you will with straight niacin. In the 1970's Dr. Abram Hoffer proved and extensively documented that large doses (3,000 to 6,000 mg) of niacinamide massively upregulates NAD production can cure schizophrenia (side note: Dr. Hoffer would include 4,000 to 5,000 mg of vitamin C per day in this treatment). Dr. Levy believes he should have won a Nobel prize for this work, but unfortunately, he and his work were ignored. For more on Dr. Hoffer's work see his book, *Niacin the Real Story*. If you have no mental health conditions like depression, anxiety, ADHD, etc., you should be fine to take 500 to 1,000 mg per day, but if you have a little mental health issues, consider taking multi-gram doses per day (3,000 mg or more). You might start taking 500 mg three times per day and go up until you get the results you desire.

Riboflavin/Vitamin B2 400 mg per day

Vitamin B2 (Riboflavin) is what the body needs to make FAD for the second step of the ETC in order to optimize the body's production of ATP.

COQ10 600 to 1,000 mg per day

COQ10 is obviously the third step of the ETC and plays a critical role in ATP production among other things. People with failing hearts are almost always deficient in COQ10 and as a cardiologist, Dr. Levy, says he's seen people improve greatly with taking COQ10. Dr. Levy says that if your budget doesn't allow you to take all the nutrients on this list or in the amounts on this list, try to take at least some of each of them, but remember, that a multivitamin/mineral (while good to take) is not going to give you high enough amounts of these nutrients to give you a therapeutic effect.

Methylene Blue 20 to 30 mg per day

In regard to the ETC, methylene blue will go straight to the fourth step (Cytochrome c oxidase) and will skip the first three steps, donate an electron, and stimulate the production of ATP without even generating any of the oxidative stress that naturally happens in the first three steps of the ETC. If someone needs to be super economical, Dr. Levy says they can consider just taking methylene blue because it can help optimize cellular energy production all by itself. And if you can't take all 8 in the protocol consider at least taking these four: vitamin C, vitamin D, magnesium, and methylene blue. Methylene Blue (MB) is actually not a natural product but rather a synthesized drug, but it has all the antioxidant characteristics of vitamin C. It's also a very small molecule that is easily absorbed and passes the cell wall without issue. MB gets into the central nervous system in decent amounts even with your first dose. In the over a year that Dr. Levy has been recommending people take MB, he has seen many, many people improve their health issues. The literature on MB is nothing short of stunning. Doctors in India have documented cases of people coming out of septic shock with MB as a monotherapy.