

Dosage and Recommendation Guidelines for CMO™



Congratulations, you've wisely decided to discover the great benefits of Nature's Immunomodulator: CMO™

CMO™ normally eliminates the need for conventional drugs and results in substantial savings in just a short period of time. To help avoid the possible need for repeat dosing, **please read this insert in its entirety and follow the recommended program diligently.**

Drug Cautions:

Methotrexate/Rheumatrex completely blocks and nullifies the benefits of CMO™. If at all possible, these drugs and other immune suppressing drugs must be discontinued at least one week before starting CMO™. **Be sure to check with your pharmacist or practitioner if you are uncertain of the impact your medications have on your immune system.**

If possible, *cortisones and other steroids* should be eliminated or reduced to a minimum for a minimum of one week before starting CMO™, or, at least gradually reduced as comfort level permits while taking CMO™.

In *diabetics*, the normalizing properties of CMO™ may reduce the need for insulin, so careful monitoring is necessary while taking CMO™.

Always consult your doctor before altering the dosage of any prescription medication or adding any new protocol.

Dosage: CMO™ /120 capsules

Take CMO™ on an empty stomach! Do not eat for 2 minimum of hours before or 1 hour after taking CMO™. Take two (2) capsules before breakfast every morning with a large glass of water and two (2) at bedtime with a large glass of water until you finish all the capsules. (*Dosing times being close to every 12 hours is ideal*)

Most people find that avoiding food for an additional hour before and an extra hour after taking CMO™ has improved their response time and overall benefits.

Drink plenty of water per day! Sufficient Water consumption is a very important component of the CMO™ protocol

DIET GUIDELINES

- Drink 8-10 Glasses of water per day
- Eat vegetables (except nightshades)

- High Protein, low carbohydrate diets improve benefits so eat plenty of lean meats, eggs and fish
- All fruits are acceptable, except grapefruit
- Eat Brazil nuts, preferably raw and unsalted

Things to avoid completely while following the CMO™ protocol and for two more weeks after finishing all the capsules.

The digestion of certain foods produces substances that impede the beneficial action of CMO™. **Avoid these substances completely during the CMO™ protocol** and for two weeks after taking the final capsules:

- **Alcohol**
- **Chocolate** (and cocoa containing products)
- **Caffeine** (including pain relievers containing caffeine such as Excedrin)
- Hot Peppers (Green & Red peppers are Ok)
- Cola drinks or other caffeinated or de-caffeinated sodas or beverages i.e. decaf tea & coffee
- Laxatives, Enemas, natural or other may flush CMO from your system before it is absorbed.
- AVOID processed pastries, sweets, sugars. Sugars can be an immune suppressant if daily intake is high

IF YOU SEE NO CHANGES WITHIN 2 weeks
Use very sparingly or Eliminate completely the following:

- Wheat products, cereals and grains like breads, bagels, spaghetti, noodles, oats, barley, rye, millet, pizza, hotcakes, creamed soup etc.
- Corn and all corn products like tortillas, popcorn, dip chips, corn flakes, cornbread muffins, fritters, etc.
- Rice, both white & brown, Rice Krispy's, rice cakes etc.
- Fatty meats, bacon, Spam, other canned meats, fatty sausages, salami, etc. (Meat, fish, poultry, eggs are okay).
- Spicy foods, laxatives, or anything that may cause diarrhea, stomach upset, or bowel disturbances.
- Fluoride in water and toothpaste
- Oils, butter, margarine, lard, shortening, etc.
- Beans, lentils, peas, garbanzos, other legumes and all bean products
- Milk & Milk products, ice cream, yogurt, cheese, etc.

Other supplements can help absorption...

Notes continued on other side

Other supplements can help absorption

Milk Thistle (Silymarin) If you have a history of taking immune suppressing drugs, NSAIDS such as aspirin, naproxen (Aleve), and ibuprofen (Advil), alcohol or tobacco, Milk thistle is a well recommended liver cleanse product. This cleanse should be done prior to starting your CMO™ protocol. Suggested use: follow the directions on the product bottle

Bioflavonoids – 1000-2000mg of bioflavonoids with rutin (BIORUTIN) should be taken with your CMO™ capsules and are reported to maximize its intestinal absorption.

Digestive Enzymes – Enzymes increase both the absorption and efficiency of CMO™. Look for products that at least contain *lipase and amylase*. Additional enzymes are ok but not necessary. **Avoid products that contain hydrochloric acid (HCl) or pancreatin.** Kal-N-Zyme is the proper enzymes and is a low cost product to take with your CMO™.

B-1 - A daily total of 200mg of vitamin B-1.

D - 400iu of D should be taken with food.

Chelated manganese - 5 mg of chelated manganese should be taken with food and can aid in the internal utilization of CMO™.

Chelated Magnesium - 200mg of chelated magnesium should be take with each of the two daily doses of CMO and is especially helpful to aid in the internal utilization of CMO™.

Pantothenic Acid - 500-900 mg daily of pantothenic acid may ease pain.

Coral Calcium – It is suggested that the use of Coral Calcium for one month prior to starting CMO™ increases the effectiveness due to its PH lowering properties.

To help rebuild cartilage take things like Knox gelatin, glucosamine with chondroitin, collagens, bone broth etc.

Special Notes:

Some persons who have been ill for many years sometime feel the effects of a “detoxification reaction” which may occur when the body is not able to eliminate large amounts of newly cleansed toxins fast enough.

If feelings of nausea or weakness appear, stop taking the capsules until those symptoms are gone. The beneficial effects of CMO™ are cumulative; any temporary interruptions should not affect the final outcome of the therapy.

Rarely, a few people with Rheumatoid arthritis have felt a short-term temporary worsening of their symptoms for a few days, after which progress usually continues normally.

Even though what seems to be full relief may occur early in treatment, it is necessary to take all your capsules to assure the complete, long-lasting benefits of CMO™.

CMO™ has brought a 70-90% improvement for over 90% of its users with arthritis and 20-60% improvement for half the others.

There are no known negative side effects.

CMO™ is a naturally derived nutritional supplement made in the USA entirely from domestic resources.

CMO™ AND ANIMALS – RECOMMENDATIONS

CMO™ is very effective for animals and 100% safe.

DOGS: One (1) capsule 2x per day for the first two (2) weeks on an empty stomach. Placing CMO in a pill pocket or with a similar treat is ideal. Avoid feeding your pet 1-2 hours prior and 1 hour after.

You may reduce to one (1) capsule per day after the first two weeks. Because animals cannot verbally communicate, it may take several weeks before joint mobility and improvements can begin to be noticed.

HORSES: 3-4 capsules 2x per day for the first (2) weeks on an empty stomach. Reduce to 2 capsules 2x per day after the two weeks.



Re-Gain Health & Balance LLC
Authorized Distributor for Authentic CMO™

Visit www.regainhealthNH.com to learn about our other high quality wellness products & cutting edge remote Holistic healthcare services.