

# Dr. Gordon's Personal Daily Protocol

Revised 2012

I have developed, tested, refined AND practiced my F.I.G.H.T. Program for over 15 years. I personally use the superior supplements offered by Longevity Plus, in addition to several others. I no longer have heart disease and I have NO DETECTABLE LEAD in my bones. I am healthier now at 77 years than I was in my 20's, and I have never felt better!

Listed below are all the supplements that I use myself to attain and maintain optimal health and vitality.

Daily Routine: ( \* - marks products available at **Longevity Plus**; *Subject to change*)

- \* Acetyl L-Carnitine (558 mg) 1 BID
- \* Adrenal Support, 1 BID
- \* Advanced Cellular Glutathione 10 sprays BID
- \* Advanced Cellular Silver (ACS) 200 – 25 sprays at nite FIRST swish through teeth for 1-2 minutes - more for infection
- \* ACZ 25 sprays at nite FIRST swish through teeth for 1-2 minutes
- \* Aloe Immune (4R Health) 500 mg one BID
- \* Beyond B12 Sublingual, one at night
- \* Beyond Chelation Improved (BCI) 2 packs daily
- \* Beyond GHS With Resveratrol, three at night
- \* Best Lithium Orotate, 1 BID
- \* Best Brain Enhancer, 1 BID
- \* Boluoke (Canada RNA) 20 mg caps, one nightly
- \* D' Ribose, 1 tsp prior to exercise 3 s'x per week
- \* DHEA 50 Milligram, one daily
- \* Doctor's Best Benfotiamine 80 mg, one daily
- \* 100% Chelated Magnesium Glycinate/Lysinolate Chelate, 100 Milligram, 1 BID  
Doctor's Best FibroBoost, 1 BID
- \* Doctor's Best Lithium orotate, 5 mg – 1 BID  
Doctor's Best Meriva Phytosome Curcumins, 500 mg, 1 BID
- \* CoQ10, 100 mg one daily  
Doctor's Best Mena Q7/Vitamin K2, 45 mcg, one daily
- \* Doctors Best Quercetin Bromelain, 1 BID  
Doctors Best Trans Resveratrol 200, 1 BID
- \* HRT (Herbal Remedy from Thailand) Plus, one daily
- \* Hyal-Joint, 20 mg, one daily
- \* Immune System Support, 2 taken in the evening
- \* Kyodophilus 9, one daily
- \* L-5-HTP, 2 at bedtime
- \* Master AntiOxidant, 2 BID
- \* Maximino, 1 BID

- \* Melatonin 10 mg, nightly
- \* N-Acetyl Cysteine (NAC) 500-600 mg, one BID
- \* Omega 3, 1 BID
- \* Perfect E, 1 BID
- \* Power Drink – **BioEn'R'Gy C, Maca, Organic Greens, and Beyond Fiber**, one slightly heaping tsp twice a day
- Pregnenolone, 50 mg Micronized, one at night
- \* QuintEssential 3.3, 1 Vial BID
- Secretropin, 6 sprays nightly
- \* Stabilized R-Lipoic Acid 100 mg, one daily or more if schedule is causing lack of sleep
- Testosterone/Progesterone/Chry-H 150/5/200 (Apothecure -Topical Application)  
[Dr G alternates with testosterone cypionate 1 ml ( 200 mg) injection every 2 weeks]
- Thyroid 2 Grains, once daily (Westhroid)
- \* Thyroid Support, 1 BID
- \* Vitamin D3, 5,000 Units, one daily
- \* Zeo Gold, zeolite capsules, 2-3 daily

Additionally, I sleep on my 400# king-sized MAGNETICO Sleep device developed by Dr. Dean Bonlie in Calgary, Canada. I have access to a Magnopro OMT, pulsed magnetic field device, and the Hyperphoton 3D Photon therapy unit. For local applications I use the Anodyne Therapy System from Medassist. Everyone should have a laser pointer and a small neodymium magnet in the home at all times, to quiet a hot tooth or relieve minor localized pains. Finally, I firmly believe everyone needs 30 minutes of ACTIVE EXERCISE daily (I ride my bike in the Arizona hills for at least one hour, four times or more per week) AND sweating several times per week, either in a sauna or steam room, for a minimum of 15 minutes per session.

For the occasional emergency:

- Bach Rescue Remedy – homeopathic for calming/centering energy.

My ideal program also includes an IV of Calcium EDTA by push followed by a Myers cocktail twice a month, and a couple of UV Blood Irradiations with ozone every 2 to 3 months. When I've pushed my body too hard, I like to add 50-100 gm IV of ascorbic acid. Also consider 1-2 colonics a year, and 1-2 massages a month.

You can research all of the above mentioned products/supplements on my website, or if you prefer, call Longevity Plus at (800) 580-7587 or (928) 474-3684 in Payson, Arizona.

Sincerely,



Garry F. Gordon MD, DO, MD(H)  
President, Gordon Research Institute