

KERRI RIVERA'S PROTOCOL INFORMATION GUIDE

PARENT

GUIDE



June 2023

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WHO IS KERRI?



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¿Who is Kerri Rivera?

My life changed drastically in 2002, when my son Patrick was diagnosed with autism. Patrick was born healthy and developed like any other child, but after receiving a booster of vaccines, his health began to deteriorate. He lost skills he had acquired and was never the same. Despite seeking help from many doctors and trying numerous protocols, nothing seemed to work. As time went on, his health got worse and worse.

In 2006, I was blessed to meet Dr. Bernad Rimlad, considered the father of biomedical treatments for autism. It was an encounter that marked the beginning of my journey in this mission. I learned a lot from this great man and in gratitude, I told him that I wanted to help other mothers who were going through what I was going through. That is how Dr. Rimlad assigned me the responsibility of translating the DAN Protocol into Spanish.

Finally, in August 2010, I found a light at the end of the tunnel when I discovered the CD. Patrick was 9 years old and to my surprise, 3 days after starting the treatment, he pronounced his first words. From then on, his progress began and I was able to enjoy his first smiles and hugs. Since then, my search for answers has not ceased and every day the pieces of the autism puzzle fit together better and better.

I have become an advocate that autism is treatable and that there is hope. I firmly believe in the possibility of an autonomous, functional life free of the symptoms known as autism. For the past 20 years, I have dedicated my life to researching ways to support the body's natural healing processes. It has been found that by treating serious medical conditions that affect the gastrointestinal, immune and metabolic systems of children with autism, the autistic behaviors begin to fade and the neurological system begins to organize itself again.

I am a homeopath, and I am also certified as a hyperbaric chamber technician. In addition, I am the pioneer in the use of CD in the treatment of autism.

As the author of the books "Healing the Symptoms Known as Autism", "A Modified Ketogenic Diet" and "First Aid", I have shared my knowledge and experiences. I founded the first autism treatment clinic in Latin America and have been a speaker at AutismOne since 2005. AutismOne is the largest autism conference in the United States, but I have not limited myself to the United States. I have lectured in Puerto Rico, Venezuela, Bulgaria, Spain, Mexico, among other places, carrying my message that it is possible to recover children with autism.

Through this window, I want to share the findings I have acquired in my 20 years of experience. Knowledge is power and my mission is to empower people to make informed decisions and not waste time on erroneous interventions that do not work. If you need help on this path, I want you to know that you are not alone. As a mother and a specialist in the subject, I offer you my hand and I will not let go until you reach your goal. Yes you can!

Kerri Rivera

CHAPTER 1

AUTISM



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What is autism

A simple definition for autism is: A developmental disorder that impairs the ability to communicate and interact.

The term Autism Spectrum Disorder (ASD) usually includes the following diagnostic terms:

- Pervasive Developmental Disorder (PDD).
- Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS).
- Autism
- Atypical autism
- Asperger's syndrome
- High-functioning autism (or HFA-high-functioning autism)

Autism according to Bio-Medicine

Autism is a spectrum disorder, meaning that it appears in a variety of forms and levels of severity. Some people develop typical abilities in terms of speech and language, and develop exceptional skills, but struggle with social and behavioral differences. Others may have communication problems, sensory sensitivities and behavioral problems, such as excessive tantrums, repetitive behaviors, aggression and self-injury. The good news is that appropriate treatments can improve outcomes for many, if not most, people diagnosed with ASD.

Nearly 100% of children diagnosed with Autism today are born healthy, something happens in their immune system after the first year of age that they start to get sick, then they become disconnected and/or show severe behavioral and focus problems and are immediately diagnosed with "autism", no one asks: what happened? These parents lose their children who were once completely healthy, loving, interactive and connected to their environment.

For us, autism today is an epidemic of immune system diseases, caused by toxins in our environment and inadequate nutrition among other things. The result is a toxic load in our children's bodies that prevents their immune system from working properly. This situation is worsened by the presence of viral infections, parasites, bacteria and fungi that plague the immune system creating allergies, gastrointestinal problems and severe inflammation in the brain affecting the areas of communication, language and social interaction.

The medical community in general still has the idea that autism is psychiatric and forces our children to be medicated with psychostimulant drugs, when what they need is care to deal with the illnesses caused by an immune disorder.

It has been found that by treating the serious medical conditions in the gastrointestinal, immune and metabolic systems that children with autism have, the autistic behaviors begin to disappear, they begin to regain their lost skills and their neurological system begins to organize itself.

It is time to look at our children's behaviors as a way of expressing the physical ailment or condition they have.

Every child with autism is different; however, some patterns of behavior have been established to guide us. If your child has the following behaviors, he/she should be evaluated as soon as possible.

1. Little or no language or used to talk a lot but no longer does.
2. Echolalia, repeats the same thing constantly or repeats what he hears (phrases or words).
Responds to you with the same question you asked
3. Acts as if he/she is deaf, however, does not tolerate certain loud sounds such as the blender or microwave.
4. Does not look directly into your eyes, no direct eye contact.
5. Obsesses over objects for no reason.
6. Does not show interest in toys and/or does not use them appropriately.
7. Carries a lot of toys around without meaning and without the purpose of using them.
8. Tends to put objects together, line them up, or stack them in a tower.
9. Shows total disinterest in his environment and in social interactions with others.
10. Does not respond to his or her name. Does not follow instructions.

11. When he/she wants something, he does not ask for it, but takes someone's hand directing him to what he wants.
12. Refuses physical contact. Does not like to be touched or held.
13. Beats hands (as if trying to fly) rhythmically and constantly.
14. Spins or swings on his/her own
15. Spins objects for long periods of time.
16. Stands still staring at a spot as if hypnotized.
17. Walks on tiptoe (like ballet).
18. May be hyperactive (very restless) or hypoactive (extremely passive).
19. Shows aggression and/or may be self-aggressive (hitting self) at times.
20. Has a strong obsession with order and routine, refuses to accept change.
21. Gets very angry and has temper tantrums for no apparent reason or because he/she did not get something.
22. Has episodes of laughter for no apparent reason.
23. Extremely advanced in some skills, such as patterns, shapes, or numbers, while others are non-existent.
24. Does not recognize the presence or feelings of others.
25. Does not seek comfort in times of grief or pain.
26. Does not imitate or engage in imaginative activities, such as pretending to be an adult.
27. Wants to eat only particular foods and refuses to eat others.
28. Does not tolerate certain textures, causing fear or nausea.

New findings now add to this list of behaviors a number of physiological symptoms that were not previously considered. These symptoms have been found to be highly associated with autism and are key to looking at a complete clinical picture of the child for effective treatment. It is important to let your physician know if your child has:

1. You suffer from constipation, diarrhea, or both.
2. You have food allergies, especially to cow's milk and wheat.
3. You have any type of dermatitis or skin problems.
4. You do not sleep or have trouble sleeping.
5. You have reflux and/or gastritis.
6. Has a swollen belly.
7. You always have dark circles under your eyes
8. Seems to feel no pain when something hits you.
9. Constantly suffers from croupy cough.
10. Reacts negatively to vaccinations.
11. Has viral infections.
12. Stopped talking after being vaccinated.
13. Has nasal allergies, sinusitis or respiratory infections constantly.
14. Has recurrent ear infections.
15. Suffers from asthma.
16. Severe mouth ulcers.
17. Has low muscle tone.
18. Experiences difficulty grasping a pencil or crayons.

There are no genetic, blood or other laboratory tests that can confirm a diagnosis of autism. Instead, medical providers use observation and standardized behavioral assessment to identify children at risk for ASD, so it is essential to pay attention to the warning signs described above.

The American Academy of Pediatrics encourages all pediatricians to screen for ASD when children are as young as 18 months old. If you have concerns about your child's symptoms or behavior, ask your medical provider to screen for autism. Specialists such as developmental pediatricians and clinical psychologists are also trained to diagnose ASD. If necessary, you can contact your state's early intervention program and request an evaluation.

Getting a diagnosis is the first step in treating your child's autism. Early intervention can improve the quality of life for children across the spectrum.

Once you get your child's autism diagnosis, if your doctor tells you that autism is not treatable, you should change doctors, because it means that your doctor is not up to date on new discoveries and treatments for autism and will not be able to adequately guide you on the road to recovery..

My child was diagnosed with autism, where do I start?

It is important for you to know that you are not alone in this. Organizations like ours are available to provide you with the help and information you need. Remember that information is the most powerful tool to help your child. Get informed and start on the road to recovery, Autism is treatable and recoverable!

This guide contains the necessary steps to follow the CD Protocol, created by Kerri Rivera, Dr. in Homeopathy, DAN Clinician, author of the book *Healing the Symptoms Known as Autism* and pioneer in the use of CD to treat autism. Thanks to her experience, she has recovered more than 5,000 cases of autism and thousands are improving their quality of life.

Before starting the protocol, Kerri suggests completing the ATEC screening form. The ATEC is one of the most widely used assessment tools in the autism community. While not a diagnostic test for autism, this checklist is designed to monitor how a person is progressing over time and to track the effectiveness of treatment. Completing the ATEC can give you a good understanding of your child's current symptoms to discuss with the specialist handling your case. This form will provide a baseline of your child's ability level, allowing you to gauge in which areas of development your child is making progress and in which areas he or she needs more support.

The final score issued by the ATEC indicates your child's level of engagement. The higher the score, the greater their engagement, and if it is less than 10, it is considered a successful recovery. To measure your child's progress, we recommend taking the (ATEC) at the beginning of the protocol and then every 3 months.

ATEC: <https://www.autism.org/autism-treatment-evaluation-checklist/>

CHAPTER 2

DIET

KERRI RIVERA



June 2023

¿ Why a special diet for treating autism?

Hippocrates said: "Let food be thy medicine and medicine be thy food."

We have all heard numerous times that good nutrition is basic to keep us healthy, we have also heard that "we are what we eat" but that is incomplete; we are what we eat, process, assimilate and excrete, it does not only matter what enters our mouth, but also what our organism is actually processing, metabolizing and absorbing.

A high percentage of children with autism and hyperactivity have some kind of enzymatic deficiency that prevents them from properly splitting proteins, and it is specifically milk protein (casein), wheat protein (gluten) and soy protein that are indirectly responsible for much of our children's inappropriate behaviors.

Gluten is found mainly in wheat, rye, barley, oats, malt, most breads, cakes, cupcakes, cereals, flour tortillas, pizzas, pastries and doughnuts, etc. Gluten is also found in food starches, semolina, couscous, some vinegars, soy sauce, teriyaki sauce, flavorings, colorings and hydrolyzed vegetable proteins.

Casein is found in the milk of cows, sheep, goats and any of its derivatives such as yogurt, butter, ice cream or cheese. There is no form of cow's milk that can be consumed, as it causes inflammation and mucus. **Even if the product claims to be lactose free, cream free, or casein free it is not allowed.**

Improperly digested gluten and casein fragments can enter the bloodstream and cross the blood-brain barrier. Because of their opioid properties, these peptides can react with opioid receptors in the brain to produce effects similar to those of an opioid drug such as heroin or morphine. These opioids are called gluteomorphin (or gliadorphin) and casomorphin, and they can react with some parts of the brain, e.g., the temporal lobes, which are actively involved in the processing of opioids. temporal lobes, which are actively involved in the process of language integration and hearing. Interestingly, these are two of the areas most affected by autism.

Although a gluten and casein free diet can be a good starting point for improvement in autism, the reality is that most cases have gut microbiota imbalances or gut permeability issues that are not resolved by eliminating gluten, casein and sugar alone, often requiring the broader elimination of other potentially problematic foods such as high glutamate and high carbohydrate foods.

My recommendation is that once you have solidified the basic gluten and casein free diet, make adjustments gradually until the low glutamate diet is achieved and perform an ATEC every 3 months so you can measure your child's progress.



LOW GLUTAMATE DIET

Glutamate and GABA are two chemicals in the brain that play opposite roles. Glutamate is excitatory and stimulates nerve cells, while GABA is inhibitory and calms them down. A proper balance between them is crucial for normal brain and nervous system function.

Excess glutamate compared to GABA can result in hyperstimulation of neurons, damaging and causing cell death. This can lead to neuronal dysfunction, inflammation and oxidative stress, associated with neurological and neurodegenerative disorders.

People with chronic infections can develop hypersensitivity to glutamate, meaning that even low levels of glutamate can trigger an inflammatory response.

Foods high in glutamate, such as gluten, dairy, soy, corn, tomato, broccoli, cauliflower and processed foods, may not be tolerated by people with underlying infections. The low-glutamate diet can help normalize inflammatory signaling and keep glutamate levels low.

Pathogen overgrowth can also increase glutamate levels by activating the immune response. Children with autism, have problems with detoxification pathways, and develop pathogen and heavy metal overgrowth. Treating pathogens, eliminating heavy metals and adopting a low glutamate diet is essential to maintain a healthy balance between glutamate and GABA.

Permitted foods

Animal protein	beef, chicken (skinless, polo skin is high in glutamate), turkey, lamb, rabbit, duck, wild salmon, shrimp, eggs.
Nuts	hazelnuts, cashews/mercy, indian cashew nuts, macadamias, pistachios, coconut, pecans.
Seeds	sesame, sunflower, flax, chia and sesame seeds
Fats/Oils	olive oil, coconut oil, lard, beef tallow, casein-free ghee, c8/mct
Grains/legumes	lentils/beans (limited consumption)
Fruits	melon, watermelon, pears, apples, peaches (fruits are limited in consumption due to their high fructose content)
Tubers	potato, cassava, yacon, chestnut
Vegetables	carrots, asparagus, lettuce, celery, peppers, cucumber, zucchini, chayote, jicama, turnips, cabbage, brussels sprouts, nopales, green beans, avocado
Cereals	rice, quinoa, arrowroot/sago (limited consumption)
Sweeteners	Stevia and Monk fruit
Other	carob (observe tolerance), vanilla (alcohol free), baking powder (aluminum free), xanthan gum (small amount), cinnamon

MODIFIED KETOGENIC DIET

The modified ketogenic diet is based on a high fat intake where 50% of the calories are provided by good fats such as C8/MCT, coconut oil, olive oil, beef tallow, casein-free ghee, 2 grams of animal protein per pound of body weight and the rest in vegetables/vegetables, some nuts and seeds and stevia or monk fruit for sweetening, so that the body must turn to lipids as the primary source of energy.

When you reduce carbohydrates and increase fat, it causes your liver to increase the metabolism of body and dietary fat into energy compounds called ketones" or "ketone bodies". It is an alternative fuel for the body to use when there is a shortage of carbohydrates (glucose) in the blood. Ketones help the body produce more energy by increasing the activity of mitochondria providing better performance of brain cells and related mental functions.

PERMITTED FOODS

Vegetables

- - Asparagus
- - Cabbage
- - Cucumber
- - Celery/Celery
- - Kale
- - Zucchini
- - Lettuce
- - Avocado
- - Turnip greens
- - Parsnips/Carrots
- - Bell peppers

Nuts and Seeds

- - Cashew/cashew nuts
- - Hazelnuts
- - Pistachio nuts
- - Coconut
- - Macadamias
- - Pecan nuts
- - Chia seeds
- - Hemp seeds
- - Black sesame seeds
- - Black cumin seeds
- - Flaxseeds (Linseed)
- - Sunflower Seed
- - Pumpkin Seed

Fats and Oils

- - Coconut oil
- - MCT oil
- - Avocado oil
- - Olive oil
- - Casein free ghee
- - Lard
- - Duck lard
- - Beef tallow

Proteins

- - Beef
- - Chicken (No chicken skin)
- - Turkey
- - Lamb
- - Pork
- - Wild fish
- - Shellfish (limit consumption)
- - Wild game meat
- - Organ meats
- - Eggs

Other

- - Xanthan Gum
- - Baking Powder (Aluminum Free)
- - Cream Tartar
- - CinnamonVainilla (libre de alcohol)
- - Himalayan pink salt

Sweeteners

- - Estevia
- - Monk Fruit (Lakanto)

C8/MCT: Medium-chain triglycerides

SUPPLEMENT SUGGESTED ONLY FOR LOW-CARBOHYDRATE (KETO) DIETERS

In a modified ketogenic diet, fat intake is critical. The ketogenic diet is characterized by being high in fat, moderate in protein and low in carbohydrates. The main objective of this diet is to induce a metabolic state called ketosis, in which the body uses fat as its main source of energy instead of carbohydrates.

Ketosis is the metabolic state in which the body primarily uses ketones and fats as its energy source instead of carbohydrates. C8/MCT is especially necessary as it helps promote ketosis by rapidly converting to ketones and helping to raise blood ketone levels.

A quite common mistake parents make when implementing a low-carb diet is not including C8/MCT or increasing fat intake, which is very dangerous. Without carbohydrates and fats, the body will not have enough energy, which will result in weight loss, weakness, and moodiness in the child. If your child does not tolerate or does not like fat, this diet is not suitable for him/her.

Table to calculate the MCT dose according to the person's age

AGE	Dose per day ml
2	60
3 – 5	90
6 – 8	105
9 – 10	105
11	120
12 – 13	120
14	135
15	150
16 – 45 and above	165

Suggestions

1. The dose of MCT oil should be divided between the main meals (breakfast - lunch - dinner).
 2. Example: A person from 16 to 25 years old is entitled to 165 ml of MCT oil per day. This means that he/she should distribute these 165 ml between the main meals, 55 ml at breakfast, 55 ml at lunch, and 55 ml at dinner.
 3. MCT has no taste or odor, but its viscous consistency may be unpleasant for many people and cause nausea. Therefore, it is not recommended to take MCT directly in the mouth as if it were syrup. Instead, it is suggested to start with 1 ml diluted in vegetable milk or soup and gradually increase the dose.
-

Carnivore Diet

The carnivorous diet is an ancestral way of eating. This means that it simulates the diet that our ancestors evolved eating for more than 2 million years.

Before the dawn of agriculture 10,000 years ago, humans did not rely on plant foods. And none of the plant foods that exist today were part of our ancestral diet.

The main objective of the carnivorous diet is to obtain all necessary nutrients through animal foods and all plant foods are eliminated. It generally involves consuming a variety of meats, such as beef, chicken, pork, fatty fish, clarified butter (Ghee), and eggs.

Nutritious animal fats, muscle protein, and meat-specific micronutrients are the foundation of our healthy cellular structures and energy, hormone regulation, cognitive vitality, and mental health.

Plant products, on the other hand, expose our bodies to a long list of stressors such as excess fiber, excess carbohydrates, natural anti-nutrients and plant toxins, toxic molds and industrial pesticides, all of which damage tissues and promote chronic inflammation - the roots of modern disease.

By Dr. Kiltz

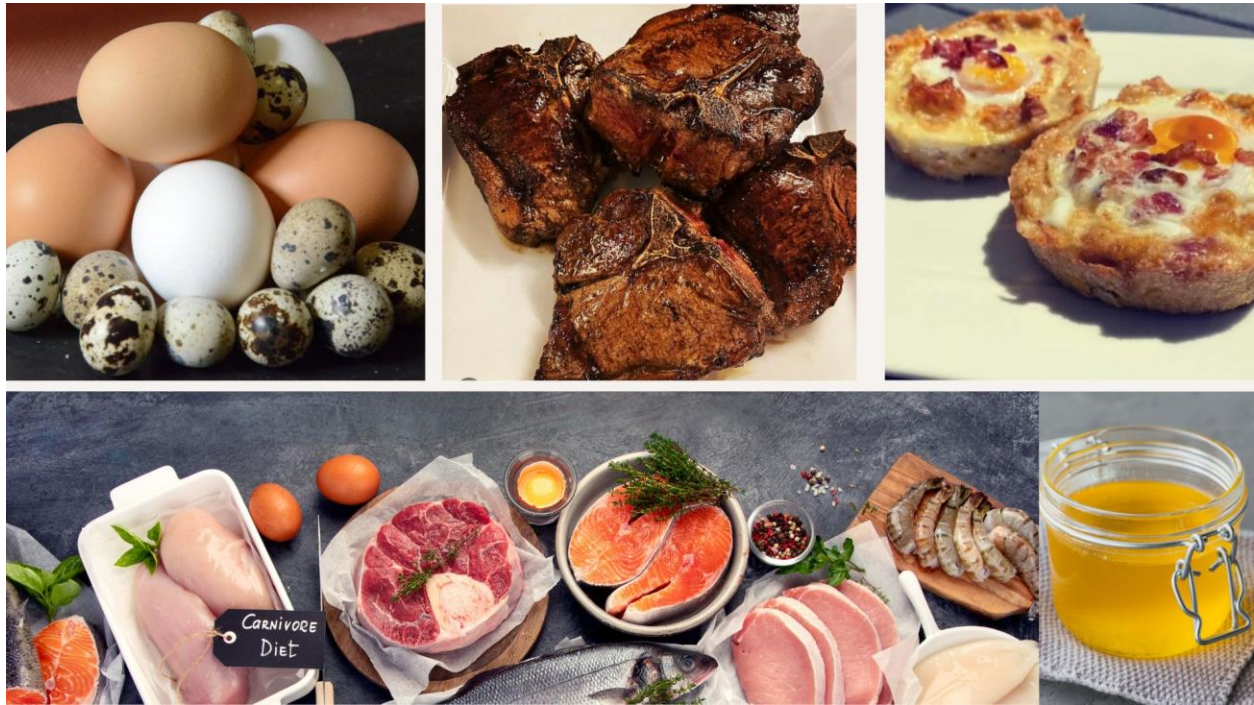
¿What foods are permitted in the Carnivore Diet?

As you begin the carnivore diet, you will be surprised at how simple but satisfying your shopping list becomes.

Fatty meats: most carnivore diets focus on ruminant meats, (beef, lamb, goat, deer, elk, etc.) including fatty cuts such as ribeye, New York strip, ribs, 80/20 ground beef, lamb, and pork belly.



- **Animal fats:** since a carnivore diet is a high fat, zero carbohydrate diet, all your meals should be spread with 2 tablespoons of casein-free ghee, beef tallow or lard.
- **Eggs:** Eggs are packed with a near-perfect blend of fats, proteins and vitamins. Hard-boiled eggs are a fantastic carnivorous snack when you're on the run.
- **Fatty fish:** Atlantic mackerel, anchovies, king salmon and Arctic char provide omega-3 fatty acids.
- **Sea food:** Wild salmon, shrimp, squid. Soak them in ghee butter to make them even more satiating. For children with autism, seafood consumption should be limited due to heavy metal contamination of the sea.
- **Salt:** Add enough salt to all your foods to provide your body with important electrolytes. Sea salt or Himalayan pink salt is a good choice.



Important note: It is important to keep in mind that a carnivorous diet is inherently a ketogenic, zero carbohydrate, high fat diet. On a carnivorous diet the body will manufacture energy from fats. Simply focus on fatty meats and cook with plenty of animal fats.

¿How can I begin a Carnivore Diet?

Depending on previous dietary history, some people may start directly with the diet, while others will benefit from a transition strategy. In the carnivore diet PDF is the 6-week keto to carnivore transition plan.

¿What should I do during the adaptation period?

Be sure to eat according to your body's demand and get enough rest. You can also add more salt, electrolytes, magnesium glycinate and potassium citrate. Avoid heavy exercise because it can affect your body during the transition process. As you adapt you will gain more energy to exercise. Transition can vary from person to person, some have an amazingly easy time, while others struggle.

Common transition problems can include fatigue, headache, malaise, moodiness, insomnia, increased thirst or urination, changes in bowel frequency, constipation, diarrhea, joint or muscle aches and rashes. Kerri Rivera and her team of moderators can help make the transition to carnivore easier.

Transitional symptoms naturally resolve within a few days or weeks. Then you will begin to see improvements in energy, sleep, digestion, and inflammation.

How Long Until I Start Seeing Results?

A few days to a few weeks. After the adjustment period, you will begin to see improvements in energy, sleep, mood, digestion, skin and much more.

CHAPTER 3

TOXIN COLLECTORS AND CD



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Dear Parents:

It is vitally important that you understand that each child is unique and may react differently. Therefore, I recommend that you start supplementation gradually, beginning with one supplement at a time, with a 3-to-4-day interval between each introduction, and adjusting the doses according to your child's individual response.

It is extremely important to keep a detailed diary or log in which you note any changes or reactions you observe in your child. This log will help you evaluate progress and determine if dosage adjustments or protocol modifications are needed. Keep in mind that this process requires consistency and patience, as each child may need a different amount of time to adjust.

Each phase in the protocol does not replace the previous one but adds to it. As they progress through the protocol, they will incorporate new stages until they achieve an ATEC (Autism Treatment Evaluation Checklist) score of less than 10, which indicates that the child is recovered.

Communication with Kerri or the support group facilitators is of utmost importance. They will be very helpful in providing you with personalized guidance and responding to your concerns according to your child's individual needs.

We deeply appreciate your commitment and dedication to your child's care. Working together, we can move forward on the road to your child's well-being and full development.

Ultra Binder (Toxin collector)




It has a complete blend of natural materials that effectively bind to the various toxins we encounter in everyday life. This allows our body to detoxify in a safe and natural way.

It removes toxic substances such as: heavy metals, pesticides, herbicides, hormone mimics, drug residues, food additives and toxins from mold, parasites and bacteria.

Suggested use

Dilute in 1 to 2 ounces of water or vegetable milk and take every night before bedtime. If you decide to use vegetable milk, be sure to brush or rinse your teeth afterwards..

Weight in Pounds (lb)	Weight in Kg	Dose
25 lb	11 kg	1/4 teaspoon
50 lb	22.5 kg	1/2 teaspoon
75 lb	34 kg	3/4 teaspoon
100 lbs and above	45 kg	1 teaspoon
		Whenever we speak of teaspoon measurements, we refer to the quantity of measuring spoons used in baking or cooking.

Formula H-7



The urea cycle is an important process in our body that helps eliminate toxic waste substances from ammonia. Pathogenic parasites and especially parasites release a lot of ammonia. Our body produces small amounts of ammonia when we digest proteins from food. The function of the urea cycle is to convert ammonia into urea, a less toxic substance that is eliminated through urine.

The liver is the main organ responsible for metabolizing and eliminating ammonia through the urea cycle. The H7 formula contains key nutrients that help boost and balance the urea cycle, which is essential for eliminating toxic ammonia from the body. The urea cycle is essential to keep us healthy and prevent toxic ammonia from building up in our bodies.

H-7 is an amino acid and is given twice a day, without food, on an empty stomach and one hour after dinner. If your child is taking GABA you can give both supplements together.

Example: if your child's weight is in the range between 12 kg and 22 kg he/she should take 2 capsules of H-7 twice a day: 2 capsules on an empty stomach and 2 capsules in the evening.

Suggested dosage of H-7 by weight

In Pounds	In Kg	Dose
Up to 25 lb	Up to 11 kg	1 capsule 2 times a day
26 lb – 50 lb	12 kg – 22 kg	2 capsules 2 times a day
51 lb – 75 lb	23 kg – 34 kg	3 capsules 2 times a day
76 lb – 100 lb and above	35 kg – 45 kg and above	4 capsules 2 times a day

PectiCLEAN:

It is a broad-spectrum toxin binder with nanotechnology. Like other low molecular weight nutrients, the very small molecules can penetrate the intestinal barrier and therefore exert their effect throughout the body, not just in the intestine. Like all dietary fibers, it has a special ability to bind unwanted substances, such as pollutants and toxins.

Micro pectins are a relatively young class of chelates of biological origin. Positively charged pectins can bind to negatively charged substances in an extremely strong but also very small complex, which is then easily excreted from the body. Binding priorities: as a binding partner, "heavy" ions with a higher number of protons or nuclear charge are preferred. On the other hand, valuable minerals such as potassium, calcium or magnesium are retained. To date, nutritional medicine has hardly paid any attention to this property of the microfiber.

Suggested use:

Dilute the suggested dose in 2 ounces of warm water 1 hour before meals or 30 minutes after meals, once or twice daily or when very strong disruptive seizures occur.

25 lb	11 kg	¼ of packet
50 lb	22 kg	½ of packet
100 lb	45 kg	1 of packet

Salt Baths

If you do not have access to any of the toxin collectors (Ultrabinder, H-7 - PectiCLEAN) salt baths can help mitigate some of the toxin load and anomic, due to the osmosis effect it causes in the body.

When you soak in a saltwater bath, your skin acts as a semi-permeable barrier. The salt water in the bath has a higher concentration of salt compared to the cells in your body. Due to this difference in concentration, the process of osmosis occurs, water begins to enter your skin and leave your cells due to the difference in concentration. This can have several beneficial effects, such as helping to eliminate toxins and wastes accumulated in the body by drawing them out through the skin.

Instructions for Salt Baths:

- 4 kg of sea salt (You can use the cheapest table salt you can find in the market).
- Fill the bathtub with warm water at a comfortable temperature. Make sure the water covers your whole body when you submerge (from the neck down).
- Add the salt to the water, stir the water with your hand to help dissolve the salt.
- If you want to add a relaxing aroma, you can add a few drops of lavender, chamomile or any other essential oil. Make sure the essential oil is formulated for bath use (Optional).
- Once the tub is full and the salt has dissolved, soak in the water and relax for 20 to 40 minutes.
- After finishing the bath, rinse your body with enough water to remove the salt and drink enough water to keep your body hydrated, as salt baths can dehydrate the skin.
- Remember, if you have any irritation or open wound on the skin you should not take the salt bath because it will irritate the skin even more.

¿What is CD?

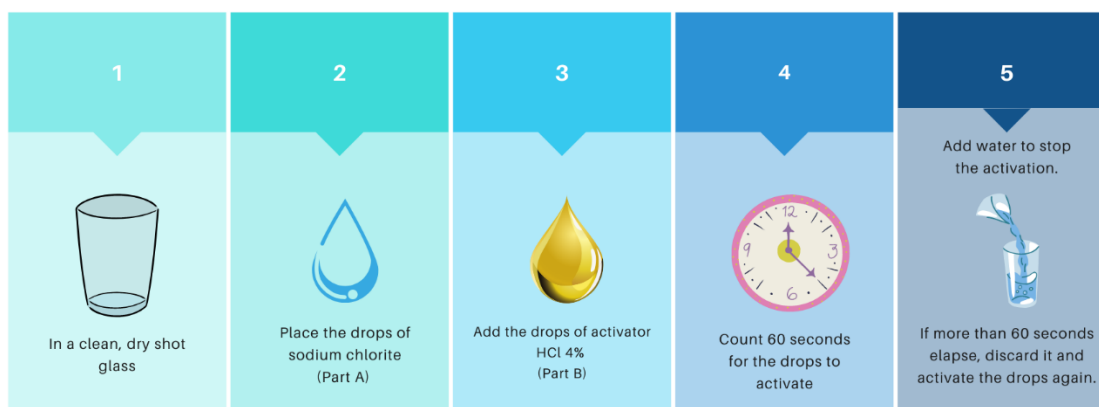
Chlorine Dioxide (CD) is a pro-oxidant, considered a biocidal agent due to its ability to reduce the toxic load of pathogens such as bacteria, viruses, parasites and fungi through an oxidation process when it comes into contact with them.

¿How is it obtained?

The most common and simple method is to mix sodium chlorite (NaClO_2) and a 4% HCl activator. When these two substances react together, they release chlorine dioxide gas.

This gas molecule is very small and simple, containing one chlorine atom (Cl) and two oxygen atoms (O_2). It is extremely soluble in water and does not create chemical bonds. This means that the gas can be completely dissolved in water. Thanks to this property, it can be used to purify water safely and effectively, while completely inactivating viruses, bacteria, fungi and some types of small parasites.

How To Activate CD drops



It is important to note that when we talk about drops of CD, we mean activated drops.

For each drop of sodium chlorite, you will need the same amount of drops of 4% HCl activator. The ratio should be 1:1. For example, if you activate 1 drop of CD, you should put 1 drop of sodium chlorite and 1 drop of sodium chlorite in the beaker.

sodium chlorite and 1 drop of the activator. Wait 45 to 60 seconds for it to activate. Once this time has elapsed, add water to slow down the activation.

How to prepare the daily dose



- Take 30 ml or 1 ounce every 45 to 60 minutes throughout the day. Remember to separate CD doses from food and other supplements for about 15 to 20 minutes.
- If the taste of CD is not to your liking, you can drink an additional ounce of water to help mask the taste.
- You can also put 1 or 2 drops of SweetLeaf brand Stevia original flavor (SteviaClear-) to the extra water you will use to pass the CD flavor. We have tested many brands of Stevia, including natural stevia, and they all cut the potency of the CD. The only one that maintained the CD potency was SweetLeaf's Original Flavor Stevia.



- If you do not finish the CD doses for the day, it is not necessary to discard the remaining doses in the bottle, as long as the bottle is tightly closed. The CD can remain active for up to 72 hours.
- The bottle with the day's CD doses can be kept refrigerated or at room temperature. Most people report that cold CD is better tolerated. If you don't like cold drinks, don't worry, you can keep the CD at room temperature, just make sure the bottle is in a cool place and out of direct sunlight.

Calculating a dose of CD

There is no maximum dose, CD is taken according to tolerance. I have seen people improve with 24 drops as well as others who go up to 80 drops without any problem, it all depends on the tolerance of each person. We work slowly. Increasing 1 drop per day.

If your child presents symptoms such as: nausea or tiredness, this means that his body is releasing toxins at an accelerated rate, in that case you have to go slower and increase the drops every 3 or 4 days.

Although there is a table with suggested doses based on weight, it is always best to adjust the dose according to each person's tolerance. For example, if your child is recommended to take 20 drops, but on drop number 17 begins to feel nausea or loses appetite, it is necessary to go back to drop 16 or the drop where he was well and stay there since that is the dose that his body tolerates.

The important thing is to maintain the frequency of the CD in the body. We have seen cases, where they focus on getting to the dose according to the weight, but then they have to stop because of nausea and that is precisely what we must avoid.

**Suggested daily dosage according to weight
(Weight in kilograms) - 500 ml /16 ounces of water
one dose equals 30 ml or 1 ounce.**

11 : 16 DROPS	31 : 38 DROPS
12 : 16 DROPS	32 : 38 DROPS
13 : 18 DROPS	33 : 38 DROPS
14 : 20 DROPS	34 : 40 DROPS
15 : 20 DROPS	35 : 40 DROPS
16 : 22 DROPS	36 : 40 DROPS
17 : 22 DROPS	37 : 42 DROPS
18 : 24 DROPS	38 : 42 DROPS
19 : 26 DROPS	39 : 42 DROPS
20 : 28 DROPS	40 : 44 DROPS
21 : 30 DROPS	41 : 44 DROPS
22 : 30 DROPS	42 : 44 DROPS
23 : 32 DROPS	43 : 46 DROPS
24 : 32 DROPS	44 : 46 DROPS
25 : 34 DROPS	45 : 46 DROPS
26 : 34 DROPS	46 : 48 DROPS
27 : 34 DROPS	47 : 48 DROPS
28 : 36 DROPS	48 : 48 DROPS
29 : 36 DROPS	49 : 50 DROPS
30 : 36 DROPS	50 : 50 DROPS

Enemas:

Enemas help to eliminate the toxicity accumulated in the intestine by the death of pathogens. In the case of a massive death of pathogens can increase fever, fatigue and one can get to feel quite sick. To prevent toxins from reaching the bloodstream we must evacuate the digestive system as soon as possible.

The enema is one of the essential parts of this treatment. Parasites generate a mucus or biofilm in the intestine in which they can hide to avoid being attacked by any medication, hence the importance of enemas with CD.

CD is able to undo that layer destroying also the eggs and larvae that are lodged there.

It should be done every 2 (two) days and can be progressively spaced every 3 or 4 days. The most important thing is to listen to the body itself and it will set the guidelines of its needs. In cases with constipation, it is suggested to do enemas every day until the intestinal transit improves.

Suggestions for doing an enema

Gather the necessary supplies: Enema bag or syringes with probes, Disposable towel or pad, Water-soluble lubricant, Disposable gloves (optional), Toilet paper.



Find a comfortable, private place in the bathroom, near a surface where you can lie down, covered with a towel or disposable pad.

Heat the filtered water to body temperature (approximately 37°C). Make sure the water is not too hot. You can test the temperature with the back of your hand to make sure it is comfortable.

Position yourself: Adopt a comfortable position, such as lying on your side with your knees bent toward your chest. You can place a pillow under your head and shoulders for comfort.

Apply a small amount of water-soluble lubricant to the tip of the enema or fractionated coconut oil.

Carefully insert the tip of the enema into the rectum, making sure not to force it and keeping it oriented toward the navel.

Hold the enema bottle or bag firmly and begin squeezing gently to release the solution into the rectum.

Administer the solution slowly and gradually. Do not release it quickly, as it may cause discomfort or cramping.

It is fill and release, according to the child's tolerance, for example, if he/she feels like having a bowel movement with 200 ml, allow the child to discharge those 200 ml and then come back with a little more liquid, this is called fill and release, you will do this procedure until all the liquid is finished.

Dose for enema

Age	Water	Drops of CD
Children - up to 14 years old	1 liter	10
Teenagers + 15 years old	2 liters	20
Adults + 30 years old	3 liters	30

Cleaning after each use of enema

- Empty the enema bag or bottle completely and rinse it with warm water.
- Wash the mouthpiece with warm water and antibacterial soap. Be sure to clean all parts and rinse them properly then spray all parts with alcohol (use a spray bottle).
- If necessary, disassemble the equipment for more thorough cleaning.
- Allow all parts to dry completely before storing. You can place them in a clean, well-ventilated area or use a clean towel to dry them.

Frequently asked questions about CD

¿Is CD chlorine?

As we learned in high school chemistry classes, the combination of two compounds can generate a new substance that does not resemble its predecessors. A clear example is the mixture of two parts hydrogen gas with one-part oxygen, which creates liquid water. We must keep in mind that, although chlorine and chlorine dioxide share the same word, their chemical properties are completely different and should not be confused.

THESE THREE FORMULAS ARE NOT THE SAME.

Yes, an atom **DOES make a big difference**



KERRI RIVERA

For further information, click here: <https://www.scotmas.com/chlorine-dioxide/why-is-clo2-different-to-chlorine.aspx?locale=en>

¿ Does CD cause oxidative stress?

NO, CD does not cause oxidative stress, oxidative stress is caused when there is an excess of pathogens.

When the immune system is under an excessive load of pathogens, such as bacteria, viruses or other microorganisms, a chronic inflammatory response can occur. During this response, immune cells release free radicals and other reactive oxygen species in an attempt to eliminate invading pathogens. However, if the pathogen load is too high or the inflammatory response becomes chronic, there may be an excessive accumulation of free radicals.

In short, excess pathogens can trigger a chronic inflammatory response and consequently cause oxidative stress in the body. It is essential to lower the toxic load to curb or minimize the effects of oxidative stress.

¿Does CD damage the good intestinal flora?

NO, CD does not harm the good flora in the gut, the beneficial bacteria in the gut have a positive (+) electrical charge, which allows them to repel each other and distribute themselves evenly.

CD has a positive (+) electrical charge just like the good gut flora and + and + repel each other.

Pathogens have a negative (-) electrical charge.

In contrast, opposite charges attract. That is, negative (-) and positive (+) charges have a mutual attraction, just as when you bring the negative and positive poles of two magnets closer together.

In short, positive (+) charges repel beneficial bacteria and opposite (- and +) charges attract. These interactions are essential to maintain a healthy balance of bacteria in the gut..

¿Does CD interfere with other medications?

No, CD does not interfere with any medication. If you take any medication, you should only separate the medication from the CD doses by one hour.

¿Is it true that lemon cuts the potency of CD?

Yes, lemon and vitamin C counteracts the effect of CD because of its high antioxidant potential of -0.8 V (ORP).

¿I started taking CD and I feel sick, why is this?

When we take CD, antifungals, antibiotics, antivirals, to combat pathogens and parasites sometimes a crisis of healing symptoms occurs, this is due to the destruction of these pathogens, who when they die produce a toxicity in our body. These symptoms or reaction are known as Herxheimer's and usually come in the form of nausea, fatigue, diarrhea, discouragement, joint pain, headache or a worsening of any of the many symptoms that pathogens can produce. Although it can be uncomfortable, Herxheimer's syndrome is usually a sign that the treatment is working and toxins are being eliminated from the body.

¿My child suffers from constipation; can I start enemas before reaching the dosage that corresponds to his weight?

Anyone suffering from constipation needs enemas immediately. It is important to encourage bowel movements in any detoxification protocol. When constipation is present, we do not wait for the maximum dose to start enemas.

Magnesium

Magnesium, involved in more than 300 reactions, is essential for the optimal chemical functioning of the human body, participating in metabolic reactions, nucleic acid synthesis, muscle contraction, electrolyte balance, glucose regulation, anti-inflammatory effects, antioxidant protection and nervous system health. Adequate intake contributes to maintaining a healthy body and chemical balance.

There are different forms of magnesium supplements, such as magnesium citrate, magnesium threonate, magnesium glycinate, magnesium malate, among others. Each form has different characteristics and bioavailability, which means that they are absorbed and utilized differently in the body. Some forms, such as magnesium citrate or magnesium glycinate, tend to have better absorption.

Magnesium citrate:

Magnesium citrate is considered a highly bioavailable form of magnesium, which means that it is readily absorbed in the body. This allows for better utilization of magnesium by cells and tissues.

It is helpful in cases of constipation because it helps to relax the muscles of the intestine, attracts water into the intestine, which increases the water content in the stool. This helps to soften the stool and facilitate its passage through the intestine.

Magnesium citrate dosage:

Start with one capsule, every day go up one more capsule until a slight diarrhea occurs, if the slight diarrhea occurs in 3 capsules, the next day go back to two capsules and stay there.

We have had cases that take 4 or 6 capsules of magnesium and the mild diarrhea never appears, in that case you should distribute the magnesium capsules in each meal.

Magnesium Glycinate:

It is characterized by its high bioavailability and tolerability. In cases with mild bowel movements or diarrhea, magnesium glycinate is undoubtedly the best option.

Magnesium glycinate dose:

One of the benefits of this form of magnesium is that it promotes restful sleep, so we suggest consuming this form of magnesium at night, if your child takes Gaba you can give both supplements together. Children 300 to 600 mg - Adults 600 to 1000 mg

Potassium Citrate:

Potassium is a mineral that the body needs to function normally. It is a type of electrolyte. It helps your nerves to function and your muscles to contract and your heart rate to stay steady. It also allows nutrients to flow into your cells and to flush waste out of your cells.

Suggested dosage of Potassium Citrate:

In Pounds	In Kg	Dose
25 lb – 99 lb	11 kg – 44 kg	50 mg once a day with or without food
100 lb and above	45 kg and above	100 mg once a day with or without food

CHAPTER 4

BASIC SUPPLEMENTS



June 2023

Humic/Fulvic

Humic acid and fulvic acid are complex nutrients obtained from organic soil and contain a rich mixture of nutrients, including amino acids, minerals, nucleic acids, vitamins and phytochemical compounds.

Forest and old-growth forest soils are the richest in these nutrients. Humic acid contains fulvic acid and other beneficial compounds, and is used as a dietary supplement.

Humic acid has been shown to have a wide range of positive health properties, such as improving nutrient absorption at the cellular level, balancing the microbiome, increasing blood oxygenation, supporting the immune system, relieving inflammation and helping to cleanse the body of toxins.

Properties:

- Antioxidant
- Antimicrobial
- Antiviral
- Anti-inflammatory
- Antiallergic
- Antimutagenic
- Antitoxic
- Antispasmodic

Suggested Use:

- Children: 13 drops 3 times a day.
- Youth and Adults: 25 drops 3 times a day.
- You can take Humic/Fulvic with or without food.
- For easy intake, dilute in water or your favorite beverage.
- You can also add the drops directly to your food.
- Humic/Fulvic has no taste or odor, does not affect the effectiveness of other supplements or medications and does not require refrigeration.

Synergy Max

It is an activator of macrophages as well as acting as a reductant of nagalase. Macrophages are cells of the immune system that play a fundamental role in the body's defense against infection and disease. They are part of the mononuclear phagocytic system and are present in different tissues of the body.

Macrophages are like "PAC-MANs" that go around the body trapping pathogens such as bacteria, fungi, viruses, parasites, and tumors. Macrophages also go after viruses associated with influenza, common colds, measles. Our advanced formula activates these macrophages and helps control disease-causing pathogens and inflammation.

Supports the immune system, bone health, low toxic load. We have seen substantial improvements in: Behavior, language, socialization, and cognition.

Suggested Use:

- Start with one drop under the tongue, preferably 10 minutes after a dose of CD.
- Increase by one drop per hour until you reach 20 drops, (20 drops equal 1 dropper). Then give 1 dropper 4 to 6 times a day, or follow Kerri Rivera's instructions.
- If the child resists, it can be administered in any area of the mouth or diluted in 1 ounce of water or vegetable milk.
- It is important to keep the bottle of Synergy Max refrigerated once opened.

pH Balanced Structured Silver (SAS)

Promotes balanced gut health: the potent removes unwanted material in the gut through ionization, molecular structure and alkalinity to help promote good health throughout the body.

Helps promote probiotics and healthy bacteria: not all bacteria are bad and numerous bacteria found in the gut help your immune system and other vital areas.

Suggested Use:

Option 1: Mix Structured Silver with 8 to 10 ounces of water. This option is perfect for sending to school in your child's water thermos. Don't worry, there is no risk of overdose, the child can consume the water with structured silver in small or large sips during the time he/she will be at school.

- Children between 2 and 5 years old: 40 ml of structured silver
- Children 6 years and older: 60 ml of structured silver

Option 2: Administer ml of structured silver (pure undiluted) directly into the mouth as if it were a syrup. 3 times a day.

- Children from 2 to 5 years old: 5 ml of structured silver
- Children 6 years and older: 10 ml of structured silver

Option 1



Option 2



Black Seed Oil (BSO)

Thymoquinone: An active ingredient in black seed, researchers have been studying it since the 1960s. It is known for its antioxidant, anti-inflammatory and anticarcinogenic properties and has been reported to help with encephalomyelitis, diabetes, asthma and carcinogenesis.

Thymoquinone acts as a superoxide radical scavenger, in addition to preserving the antioxidant enzymes glutathione peroxidase and glutathione-S-transferase. Both glutathione peroxidase and S-transferase are necessary for being the main detoxifiers and are of great help in the defense systems. It has anti-inflammatory, antifungal, antiviral, anticoagulant and antioxidant properties.

Suggested Use:

In Pounds	In Kg	Dose
Up to 25 lb	Up to 11 kg	3 ml 3 x a day
26 lb – 50 lb	12 kg – 22 kg	7 ml 3 x a day
51 lb – 75 lb	23 kg – 34 kg	10 ml 3 x a day
76 lb – 100 lb and above	35 kg – 45 kg and above	15 ml 3 x a day

Dosage Directions: Take the suggested amount three times daily during meals (breakfast, lunch and dinner). For example, if your child is due 7 ml, give 7 ml with breakfast, 7 ml with lunch and 7 ml with dinner.

Betaine HCl

It replaces the missing hydrochloric acid to allow proper absorption of vitamins and nutrients and other supplements.

Hydrochloric acid is a substance found in the stomach. It helps break down the food we eat, especially proteins. It also kills germs that can make us sick. Hydrochloric acid makes the enzymes in the stomach work better and break down food more easily. Children with autism are deficient in hydrochloric acid.

Super Enzymes

It is a comprehensive enzyme blend that supports healthy digestion. Super Enzymes help optimize the breakdown of fats, carbohydrates and proteins.

Suggested Use

- Start with one capsule of Betaine HCl with each meal (breakfast, lunch and dinner).
- After three or four days of taking Betaine HCl, add 1 capsule of Super Enzymes, thereafter, take Betaine HCl and Super Enzymes together (one capsule of each).
- If child is unable to swallow capsules, open capsules and dissolve contents in two ounces of water or vegetable milk. Start with $\frac{1}{4}$ of the capsule and gradually increase each day or every other day to a full capsule. You may need more time for your child to adjust, but it is important to respect each child's pace and tolerance.

CHAPTER 5

PARASITE PROTOCOL (P.P)



June 2023

PARASITE PROTOCOL (P.P)
(Recommendations)

1. To stop the reproductive cycle of the parasites, it is suggested to carry out the P.P. for 18 months or more in a row (depending on each case). Each cycle consists of 21 days and begins two days before the full moon.
2. It is suggested that the P.P. be done by all family members and pets to avoid reinfection. The family can make short rounds of 5 or 7 days. Pets should be checked by a veterinarian.
3. Please review the dosing tables at the end of the protocol.
4. Mebendazole should be purchased in "Tablets/Pills" presentation, avoid buying the liquid presentation as they contain dyes and sugar.
5. If you are taking: Tagamet, Ethotoin, Penicillin, Zithromax, Amoxicillin, Mefenitoin (Mesantoin), Carbamazepine, Flagyl (Metronidazole) you should consult with your doctor if you can do deworming with MEBENDAZOL since there is interaction between them, especially with Flagyl (Metronidazole) and Tagamet (Cimetidine).
6. The enema is one of the essential parts of this treatment. Parasites generate a mucus or biofilm in the intestine in which they can hide in order not to be attacked by any medication, hence the importance of enemas with CD. CD is capable of undoing this layer also destroying the eggs and larvae that are lodged there.

Parasite Protocol (P.P)

Each cycle consists of 21 days and begins two days before the full moon.

Mebendazole: Two (2) times daily with food (breakfast and dinner) - Day 1 through Day 21

Stone Breaker: Two (2) times per day with food - Day 1 through Day 21

Castor Oil: Inter daily (Every other day) one (1) hour after breakfast or immediately after returning from school.

Enemas: Between 4 and 7 Pm

Mebendazole implants (optional): are a quick measure to control anal itching caused by pinworms, which are white worms that can inhabit the large intestine and are about half an inch long. During sleep, female pinworms emerge from the intestinal tract and deposit their eggs on the skin around the anus. These eggs are encased in a jelly-like substance that causes intense itching when the female moves.

To use Mebendazole implants, crush one Mebendazole tablet completely and dilute it in 30 ml of water. Then place the mixture in a small rectal bulb or syringe (without a needle). Insert the medication into the tip of the anus and keep it there overnight while you sleep. The next day, perform an enema to be sure to flush out the toxins and waste released by the parasites' death. Repeat this procedure every night until the anal itching disappears.



Dosage Charts

Mebendazol

Weight	Dosis Mg
10 to 20 kg	25mg of mebendazol - 2 times a day (Breakfast and dinner)
21 to 30 kg	50mg of mebendazol - 2 times a day (Breakfast and dinner)
31 to 40 kg	100mg of mebendazol - 2 times a day (Breakfast and dinner)
41 kg and above	Take 200mg of mebendazol - 2 times a day (Breakfast and dinner)

Stone Breakers (Chancapiedras)

Weight	Quantity
10 to 21 kg	5 drops (diluted in 2 ounces of water) 2 times a day with food
22 kg to 34 kg	12 drops (diluted in 2 ounces of water) 2 times a day with food
35 kg to 41 kg	15 drops (diluted in 2 ounces of water) 2 times a day with food
42 kg and above	22 drops (diluted in 2 ounces of water) 2 times a day with food

Castor oil

Weight	Dose
11 to 34 Kg	1 teaspoon 1 hour after breakfast or when the child comes home from school
35 kg to 54 Kg	1 teaspoon 1 hour after breakfast or when the child comes home from school
55 kg and above	2 teaspoons 1 hour after breakfast or when the child comes home from school

Note: Castor oil may cause diarrhea, we suggest starting with $\frac{1}{4}$ teaspoon and progressively increasing to the suggested dose or until a mild bowel movement (no diarrhea) is achieved.

Parasite Protocol

Frequently Asked Questions

¿How long should my child be de-wormed?

Once we get into the process of deworming, we must keep in mind the importance of maintaining this cleaning practice throughout our lives in order to enjoy a good and balanced health. Once the reproductive cycle of parasites has been interrupted (which may vary from person to person), it will no longer be necessary to perform extensive 21-day deworming cycles. Instead, it is recommended to perform maintenance cycles every 2 to 3 months, with shorter periods of 5 to 7 days.

My child will not stop eating, what can I do?

When there is overpopulation of pathogenic elements, there are usually very strong levels of anxiety, usually are thin but hungry children, wanting to eat large amounts of food all day, the parasites are absorbing most of their nutrients, causing mental deficiencies.

When this happens, we have to increase the dose of CD to potency, many children do not tolerate high doses of CD, that is why we supplement with pH balanced structured silver, which also lowers the toxic load.

Behavioral/ OCD/ Tics:

Some people become concerned when their children begin to show behaviors that they did not have before starting treatment or feel that the behaviors are getting worse. Parasites have a clear goal: they want to survive and reproduce. They seek to keep their eggs in the host to complete their life cycle. In some cases, behaviors such as playing with feces, scratching the anus, inserting fingers into one's own or other people's mouths, gnawing fingernails or spitting are observed. All these behaviors are caused by parasites. As we progress through the deworming protocol, these behaviors gradually decrease and eventually disappear.

To mitigate or counteract these symptoms, we suggest administering a double dose of CD while the child is awake, as well as a double dose of Humic/Fulvic at each feeding. If crying symptoms persist or if the child is touching or hitting himself or herself a lot, especially on the forehead, he or she may have a headache. It is important to remember that most children with autism have difficulty communicating verbally and express their discomfort through behaviors. If the above recommendations have been exhausted and the problem persists, a dose of ibuprofen (not acetaminophen/paracetamol) may be considered.

My child wet the bed, he/she peed, he/she didn't do this before... what do I do?

Parasites are living things and when they feel they are being attacked they become alert because they know their life is in danger, so they attack to show their dissatisfaction. One of the things parasites do is spew toxins, including a morphine-like substance, which makes your children not feel that they need to urinate or that they are urinating. This is not the child's fault, it is just part of the deworming process. It is a passing symptom.

CHAPTER 6

HEAVY METALS CHELATION



KERRI RIVERA

June 2023

Heavy Metals Chelation

Heavy metal chelation is a process by which substances called chelators are used to eliminate or reduce the presence of heavy metals in the body. Heavy metals, such as lead, mercury or cadmium, can be toxic and cause harm to human health.

Chelators are compounds that have the ability to bind to heavy metals and form stable complexes that can be easily eliminated from the body through urine or feces. By binding to heavy metals, chelators prevent them from accumulating in different organs and tissues, which helps prevent or reduce adverse health effects.

Heavy metal chelation is used as a treatment in cases of heavy metal poisoning or to reduce the metal load in people exposed to high levels of these compounds. It is also used in detoxification therapies and as a preventive measure in certain cases.

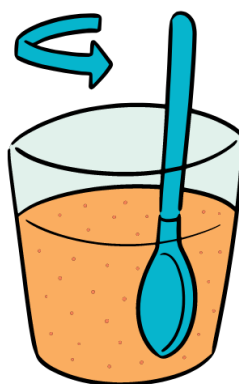
Chelators that we use.

Zeolite:

- FDA / GMP approved, it is important to use high purity zeolite. Our high quality Zeolite is 100% safe, pure and effective for human consumption. It has no taste, even when taken on an empty stomach. Zeolite is a chelator indicated to detoxify mercury, cadmium, lead and aluminum.
- It also binds bacteria, viruses and toxins.
- It traps heavy metals and toxins and then removes them in 6-8 hours and does not remove minerals in the process.
- Provides increased energy and mental clarity.
- Indicated for anyone living on this toxic planet, as well as those with chronic illnesses.
- If you suffer from constipation avoid zeolite powder. Consume liquid Zeolite

Zeolite powder: For cases of diarrhea

- Locate the measuring spoon inside the container.
- Dissolve the measure in one to two ounces of water or vegetable milk, depending on your child's weight.
- It is suggested to consume zeolite away from food (separate at least 1 hour from food).



In Pounds	In kg	Dose
Up to 25 lb	Up to 11 kg	1/4 teaspoon
26 lb – 50 lb	12 kg – 22 kg	1/2 teaspoon
51 lb – 75 lb	23 kg – 34 kg	3/4 teaspoon
76 lb – 100 lb and above	35 kg – 45 kg and above	1 teaspoon

Zeolite Ultra Liquid: For cases with normal bowel movements or with a tendency to constipation.

Distribute the zeolite drops according to their weight in 1 to 2 ounces of water. Consume the zeolite three times a day. For example, if you need 3 drops, take it 3 times a day, for a total of 9 drops daily.



In Pounds	In kg	Dose
Up to 25 lb	Up to 11 kg	1 drop - 3 times a day
26 lb – 50 lb	12 kg – 22 kg	2 drops - 3 times a day
51 lb – 75 lb	23 kg – 34 kg	3 drops - 3 times a day
76 lb – 100 lb and above	35 kg – 45 kg and above	4 drops - 3 times a day

PBX Zeolite (spray)

In Pounds	In kg	Dose
Less than 30 lb	Less than 13.5 kg	1 spray - 3 times a day
31 to 69 lb	14 kg – 30kg	2 spray - 3 times a day
70 lb and above	31 kg and above	3 spray - 3 times a day

Apply PBX spray directly in the mouth.



Bentonite Baths:

Clay baths are used as a form of detoxification therapy to help remove heavy metals from the body through the skin. According to studies, bentonite clay is believed to act through a process called adsorption.

Adsorption is a phenomenon in which molecules or ions of one substance adhere to the surface of another substance. In the case of bentonite clay, its crystalline structure and high negative charge allow it to act as a molecular sponge. When the clay is mixed with water and applied to the skin, its particles attract and adhere to the heavy metals present on the surface of the skin.

Easy steps to make a bentonite clay bath:

- Add the bentonite clay to the water while filling the bathtub and make sure to distribute it evenly in the water.
- Check that the water temperature is between 37C to 38C (98.6F to 100.4F) degrees.
- Introduce the child into the tub and make sure the water covers the child's body from the neck down. Let the child soak for 10 to 20 minutes.
- Shower with soap and water after the bath.
- If you want to moisturize the skin, use a body cream without petroleum-based ingredients or fractionated coconut oil.
- Remember to avoid direct contact with the clay. Wear gloves at all times to avoid releasing metals and transferring them to your child or vice versa.
- During the bentonite bath, do not use any metal objects.

Suggested Bentonite Clay dosage based on the weight of the child:

25 lb: 1/4 cup	35 to 45 lb: 1/3 cup	50 lb: 1/2 cup	75 lb 3/4 cup	100 lb and higher 1 cup
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EDTA:

It is a versatile chelating agent that forms bonds with metal ions, mostly heavy metals. It is very safe so it can be taken for long or indefinite periods. It has no side effects. It's a support for ASD, Alzheimer's, Heart Disease, or anyone living in today's toxic world.

How to begin EDTA

EDTA chelation should start with minimal doses and, as the child responds, be gradually increased. This is because this supplement removes heavy metals in a general way. Where heavy metals are present, candida and bacteria are also present. When the chelator removes the metals, it also carries the candida and bacteria with it, releasing a large amount of toxins.

For this reason, we suggest starting the heavy metal chelation after the third parasite protocol (3 P.P.), to ensure that we have greatly reduced the toxic load and no troublesome detoxification symptoms occur. The following is an example of how to start this supplementation in the right way.

Pedro Pérez:

Weight: 50 lb

Dosage of EDTA 12 drops 3 times a day

(12 drops 10 am - 12 drops 2 pm - 12 drops 6:00 pm)

Day 1	1 drop	1 time a day
Day 2	1 drop	2 times a day
Day 3	1 drop	3 times a day
Day 4	2 drops	3 times a day
Day 5	3 drops	3 times a day
Day 6	4 drops	3 times a day
Day 7	5 drops	3 times a day
Day 8	6 drops	3 times a day
Day 9	7 drops	3 times a day
Day 10	8 drops	3 times a day
Day 11	9 drops	3 times a day
Day 12	10 drops	3 times a day
Day 13	11 drops	3 times a day
Day 14	12 drops	3 times a day

If no adverse detoxification symptoms are present, from that moment on you should take the EDTA dose according to your weight 3 times a day, every day until your next check-up with Kerri Rivera.

Suggested Use:

Age	Dose
25 pounds:	6 drops 3 times day diluted in 1 ounce of water without food
50 pounds:	12 drops 3 times day diluted in 1 ounce of water without food
75 pounds:	18 drops 3 times day diluted in 1 ounce of water without food
100 lb and above:	24 drops 3 times day diluted in 1 ounce of water without food

CHAPTER 7

HYPERBARIC OXYGEN THERAPY (HBOT)



KERRI RIVERA

June 2023

Hyperbaric Oxygen Therapy

Two options available:

1. 40 sessions of 60 minutes at 1.75 ata (You can do two sessions a day with intervals of 6 or 8 hours).
2. 20 sessions of 90 minutes at 1.75 ata (one session per day)

Every three months after that:

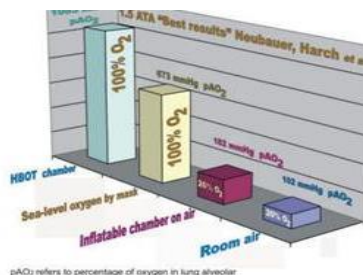
1. 20 sessions of 60 minutes at 1.75 ata
2. 10 sessions of 90 minutes at 1.75 ata

Known as Hyperbaric Oxygen Therapy (HBOT) is the medical use of oxygen at pressures higher than atmospheric pressure.

The organism needs oxygen to live and the correct functioning of vital organs depends on it. The amount of oxygen that is assimilated depends to a large extent on the atmospheric pressure because the higher the atmospheric pressure, the easier it is to breathe. The earth's atmosphere normally exerts a pressure on its surface of 14.7 psi (pounds per inch) or 760 millimeters of mercury (mmHg) at sea level, which is equivalent to one absolute atmosphere (1 ATA). This atmosphere we breathe is a gaseous mixture (air) which is composed of approximately 21% oxygen and 79% nitrogen (and other things).

During the HBOT session the pressure inside the chamber increases two or three times the equivalent of atmospheric pressure so you will be breathing pure oxygen. With its partial pressure so drastically increased, the oxygen permeates all the tissues of the body, and also causes the blood to carry much more oxygen as the blood plasma begins to carry the extra oxygen that the saturated hemoglobin can no longer carry.

Numerous studies have revealed that the use of hyperbaric oxygen in autoimmune disorders has been of great benefit. In the case of children with autism, there is evidence of encephalitis (inflammation of the brain) that may be caused by viral infections, exposure to vaccines or some other autoimmune process. Hyperbaric oxygen therapy also helps in conditions where intestinal disorders and problems with yeast and bacteria are present.



CHAPTER 8

COMPLEMENTARY SUPPLEMENTS



KERRI RIVERA

June 2023

The supplements described in this chapter are used in specific cases. To add them, the child must have completed at least 3 Parasite Protocols (PP) and have had a follow-up appointment with Kerri.

Gut Defense (Liquid Probiotic)

Those of you who have been following me for years know that I stopped using probiotics in 2012 or so. The reason was that I had not found a probiotic that really delivered on its promise of delivering live microorganisms to the gut. Most conventional probiotics are powders that are frozen and then encapsulated in stomach acid resistant capsules. Not only does this affect digestion, but it also does not guarantee that the probiotic microorganisms survive, as about 98% of them die due to stomach acidity. As a result, only less than 1 to 2% of the probiotics reach the intestine, which is insufficient to colonize.

On the other hand, Gut Defense is a liquid probiotic that uses a patented fermentation process with a pH similar to that of the stomach. This pH similarity between the probiotic and the stomach allows the probiotic cultures to effectively survive during their transit to the intestines. As a pH-compatible liquid probiotic, it offers a beneficial way to deliver live probiotic microorganisms and maintain proper intestinal health.

Suggested dosage:

It is recommended to dilute the suggested dose in 1 of water, or take it directly without diluting (as you prefer).

Age	Dose	Schedule
2 to 5 years old	5 ml once a day	On an empty stomach or 15 minutes before a meal
6 to 9 years old	15 ml once a day	On an empty stomach or 15 minutes before a meal
10 years and older	30 ml once a day	On an empty stomach or 15 minutes before a meal

GABA: serves to fill receptor sites in the brain so that no other messages can be transmitted, allowing for calmness and relaxation. Although GABA is an amino acid, it is classified as a neurotransmitter. It is the most abundant inhibitory neurotransmitter in the brain and can influence brain function.

Category: Amino acids

Benefits:

- Promotes relaxation of neurons
- Support for people suffering from seizures
- Improves sleep
- Reduces anxiety
- Improves mood
- Substantial improvements in language

Suggested Schedule:

On an empty stomach and at night when sleeping (without food)

Suggested Dose:

Between 500 and 2500 mg - 2 times a day (Consult the dosage according to your case with Kerri.)

DMG: is a non-protein amino acid present in plant and animal cells. DMG is considered a "methyl donor" or "methyl bank". In the body, with the help of a riboflavin coenzyme, DMG supplies methyl groups that bind to folic acid to form methylene tetrahydrofolate, an important component of many biochemical processes in the body, including cellular perception and response. It is also involved in maintaining healthy homocysteine levels.

Category: Amino acids

Beneficios

- Immune system support.
- Brain and cognitive function support.
- Improved liver function.
- Nervous system modulation.

Suggested Schedule:

Fasting once a day (If the child is taking GABA, both supplements can be given at the same time.)

Single dose:

900 mg on an empty stomach

L-theanine: is a non-protein amino acid found mainly in tea leaves, especially in green tea. It acts as a neurological modulator and promotes changes in the brain, increasing the production of neurotransmitters such as serotonin and dopamine, which are involved in mood regulation and cognitive function. In addition, L-theanine has been observed to stimulate alpha brain waves, associated with relaxation and attention. These properties may contribute to its beneficial effects on stress reduction, mood enhancement, concentration and focus.

Category: Amino acids

Suggested Schedule:

- On an empty stomach and at night at bedtime (without food)

Suggested dosage: capsules of 250 mg

- Less than 5 years old: ½ capsule 2 times a day.
- Older than 5 years old: 1 capsule 2 times a day.
- This supplement can be given together with GABA.

5HTP: While the human body naturally produces 5HTP from tryptophan, there are cases where 5HTP levels may be insufficient to meet the body's needs. In addition, some people may have difficulty properly synthesizing or absorbing tryptophan, which can result in lower levels of 5HTP and serotonin.

Category: Amino acids

Benefits:

- Improved mood
- Reduced anxiety
- Improved sleep
- Appetite control
- Relief of migraine symptoms

Suggested Schedule:

3 times a day at 4-hour intervals, can be consumed with or without food.

Suggested Dose:

Between 50 mg and 150 mg - 3 times a day (Consult Kerri for dosage according to your case)

Melatonin: It is a natural hormone produced in the pineal gland of the brain. It plays a crucial role in regulating the sleep-wake cycle and is closely related to the body's circadian rhythm. Low melatonin levels are considered a quite common cause of insomnia.

Several double-blind studies have shown that melatonin supplementation is effective in promoting sleep when melatonin levels are low; however, if a person takes melatonin when his or her levels are balanced, nothing happens.

For people with glutathione deficiency, melatonin is important because it stimulates the production of glutathione peroxidase.

Benefits:

- Sleep improvement
- Circadian rhythm regulation
- Antioxidant effect
- Anti-inflammatory properties

Suggested Schedule: 1 hour before going to bed.

For optimal effect, it is recommended to take melatonin in a dark or dimly lit environment. This is because the body's natural production of melatonin is influenced by exposure to light. The pineal gland in the brain begins to secrete melatonin in response to decreased ambient light. Under normal conditions, as night approaches and light decreases, melatonin production increases, which helps prepare the body for sleep. Exposure to bright light sources, such as electronic device screens, should also be avoided before bedtime, as intense light can inhibit melatonin production and affect sleep quality.

Suggested dosage:

Up to 15 mg daily (If your child takes GABA you can take both supplements together.)

Taurine: plays a calming role as a neurotransmitter by counteracting the stimulating effect of glutamate, it also has a very important antioxidant function in white blood cells, leukocytes and lymphocytes. These cells are important in protecting the body from foreign substances and invading organisms.

The formation of taurocholic acid, a key component of bile, requires L-aurine. Bile enables the absorption of fat-soluble vitamins A, D, E and K, as well as essential fatty acids.

Benefits:

- Antioxidant protection from free radicals.
- Support for people suffering from seizures.
- Promotes neurogenesis and synaptogenesis.

Suggested Schedule:

- 2 times a day without food

Suggested Dosage:

- 250 mg up to 2000 mg (2 times a day)
- (Consult the dose according to your case with Kerri)

Omegas: Omega-3 fatty acids are important for normal development, cardiovascular health and neurological health.

Category: Essential fatty acids

Suggested Schedule:

- With food 3 times a day

Dosage:

- 25 lb: 1 capsule
- 50 lb: 2 capsules
- 75 lb: 3 capsules
- 100 lb: 4 capsules

Berberine: It has been studied for its health-promoting properties, including its ability to protect neurons. Berberine exhibits neuroprotective effects by reducing oxidative stress and inflammation in the brain, which may help prevent cell damage and promote nerve cell survival. In addition, berberine has been found to regulate the expression of genes and proteins related to neuronal growth and survival.

Category: Antioxidant

Suggested Schedule: 1 hour after breakfast or lunch

Dosage: 1 capsule 2 times a day

WHAT TO DO IF MY CHILD BECOMES ILL?

Chapter 9



June 2023

WHAT TO DO IF MY CHILD BECOMES ILL

Fever:

It has long been recognized as an important tool in the healing process. The process of heating the body is called "hyperthermia." Hyperthermia or an ordinary fever can be very effective against cancer cells, various pathogens or invading organisms that cannot "tolerate heat." Hyperthermia may not kill any pathogens in the body, but it may reduce the number of invaders in the body to a manageable level for the immune system. Hyperthermia may also be responsible for stimulating the immune system to produce cytokines, the production of antibodies and the release of toxins.

In practice, if your child develops a fever it is not a body error that needs to be corrected, it is a mechanism that brings the body closer to healing. Instead of administering acetaminophen or some other fever-reducing remedy, apply a wet washcloth to the forehead and neck, and let the body do its job. Always be vigilant that the temperature does not rise too high or too fast to cause seizures, use common sense and trust your instincts. In case you have to give medicine to lower the fever, the indicated is ibuprofen (never paracetamol).

Flu, Cough, Nasal Congestion:

Humidifier with CD: For each liter of water activate 9 drops of CD, place in the room where the child sleeps.

Nebulization with Structured Silver: Add 5 ml of Structured Silver in the nebulizer container. It is not necessary to dilute with saline solution. Turn on the nebulizer and inhale until all the liquid in the nebulizer container evaporates completely or until the nebulizer turns off automatically if it has that function. This procedure can be done every 4 hours if necessary.

Earache:

2 activated drops of CD in 60ml of water.

Lie on your side, fill the ear with the liquid and pull the ear so that the liquid enters the ear well. Do this procedure every hour until the pain subsides. If the pain is very sharp repeat the procedure every 15 minutes.

Eye Infections:

1 activated drop of CD in 60ml of water.

Apply 2 or 3 drops every hour until improvement is seen.

Sores and Skin Rashes:

For each ounce of water 10 activated drops of CD. Spray the affected region or apply gently with fingers. Do these 04 times daily or hourly if needed.

Sore throat:

10 drops per 30ml of water use a spray bottle.

Place 1 or 2 sprays on the affected area every hour.

Dental and mouth pains:

Prepare a dose of 10 drops activated in half a glass of water: gargle every two hours until the toothache disappears and then 02 times a day until the mouth and gums are completely healthy. If there are cavities, it will be necessary to go to the dentist.

CONTACT WITH KERRI

Chapter 10



June 2023

¿ How to schedule a consultation with Kerri?

Follow these simple steps:

1. Place your order at www.kerririvera.com
2. Then, send an email to kerri@kerririvrrera.com with the following information:
 - Order Number
 - Child's name
 - Child's age
 - Child's weight
 - Parent's name
 - Country
 - Time zone
 - Skype account
 - Email address

Consultations will be carried out through the Skype platform.

1. If you do not hear back from Kerri Rivera within 48 hours, please contact our support team at cdautismosoporte@gmail.com.
2. Due to censorship, Kerri is unable to receive emails from Yahoo! or Hotmail. Instead, we recommend that you open a Gmail account to ensure that you are in contact with Kerri at all times.
3. Consultations are available in: English, Spanish and Portuguese.
4. Kerri's email and Skype:
 - kerri@kerririvera.com

English Telegram Support Groups:

- t.me/iamkerrivera
- **Kerri's social networks on Instagram and Tiktok.**
- [@iamkerrivera](https://www.instagram.com/iamkerrivera)

WARNING:

All recommendations and advice provided in this guide are intended to provide general information and useful guidance to parents. However, these tips are not a substitute for professional medical advice.

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