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### **Energize Protocol**

1. PhytoMulti without Iron by Metagenics (M29037) at Emerson Ecologics.  
Take 2 pills with food before 4 pm.
2. HPA Axis by Gaia Herbs (ADR68). Take 1 gel 2 times a day away from food.
3. Magnesium 250 mg to 300 mg twice a day. I recommend the following: Vital Nutrients Triple Mag (MAG37) or Douglas Labs Chelated Mag (MAG29)
4. Fish Oil 3000 to 4000 mg daily with food taken in divided doses. These are quality Fish Oil products: Pharmax oil with essence of orange (FINE5), Nordic Naturals ProMega (PR003), Metagenics Omegagenics EPA/DHA 720 (EPA34) or Carlson's Orange gels (COF12)
5. Turmeric 1000 mg 1 to 2 times daily. I recommend Thorne Merivia 500-SF (T94790) 2 caps one to two times daily with or without food.

\*To order products with 17% discount and free shipping from Emerson Ecologics either click on the Butterfly on my home page to be directed to the new account registry page or go to [www.elevate.me](http://www.elevate.me)

Remember to check with your health care provider to rule out other causes of low energy such as, but not limited to, Thyroid or other Hormone Imbalances, Menopause, Stress, Sleep disorders, Diabetes, Metabolic Syndrome, Anemia or other health stressors.

Be Well, Dr. G.