

plexus[®]

Protocols



These protocols have not been created by Plexus. They have been created by other women and myself after using Plexus and discovering which products work best for certain conditions. The information on this page is not intended to replace advice from your doctor.

Although it's helpful follow a chosen protocol,
some adjustments may be needed for your specific needs.

BASIC PROTOCOL

(Use: Triplex and the XFactor Plus)

For issues like Candida, general body aches and pains, foggy brain, low energy, depression, mild hormonal imbalances, skin rashes, or eczema, etc.

Morning: Drink Plnk Drink (place packet in a large glass of water) and take 2 BioCleanse on an empty stomach.

(If you're also taking the Vitalbiome, take upon waking.)

Breakfast: Take 2 XFactor Plus with breakfast.

Before Bed: Take 1 ProBio5 and 2 BioCleanse.

For the first week take 1 ProBio5 @ night.

Second Week: Take 2 @ night.

Third Week: Take 3 - 1 with the pink drink and 2 @ night.

Fourth Week: Take 4 - 2 with the pink drink and 2 @ night.

Then cut back down to 2-4 per night, as needed.

The ProBio5 will be breaking down and eliminating Candida from your body. Take some milk thistle capsules and drink plenty of water to help with any die-off (negative symptoms that come up as your body works to clean out the Candida).

You'll be adjusting the Biocleanse to what works for you - you want to have at least 2 bowel movements a day. Take less if you have diarrhea.

If your symptoms get worse before they get better - Drink plenty of water, adjust the biocleanse so you'll have at least 2 bowel movements per day and, if needed, take a milk thistle supplement 2-3 x day to support your liver. Die-off may occur as the Candida is being killed off and as the body environment begins to heal.

AUTOIMMUNE PROTOCOL – IF YOU’VE ALREADY BEEN USING PLEXUS

(Use: Triplex, XFactor Plus, and 2-3 Ease bottles per month)

For issues like debilitating fatigue, compromised immune system, body aches and pains, unexplainable symptoms, Candida, gut issues, feeling like you’ll never be well again, issues like Lyme, Lupus, or Hashimoto’s, etc.

This protocol works by addressing chronic inflammation throughout the body. When inflammation is addressed, the body is freed up to heal. Next it heals the digestive system in 8 ways, it provides the body with bioavailable nutrients, and lastly, it heals the mitochondria and DNA of the cells. When you address all of these main issues – the body can heal.

Morning: Pink drink with 2 Biocleanse, 2 probio5, 3 Ease

Breakfast: 2 XFactor Plus

Night: 2 ProBio5, 2 BioCleanse, 3 Ease

(Adjust the Biocleanse as needed so you have at least 2-3 bowel movements per day. Cut back if you have diarrhea. You may want to ease into taking the Ease supplements – start with 2-4 instead of jumping into taking 6 total per day.)

AUTOIMMUNE PROTOCOL – IF YOU’RE JUST STARTING PLEXUS

(Use: Triplex, XFactor Plus, and 2-3 Ease bottles per month)

For issues like debilitating fatigue, compromised immune system, body aches and pains, unexplainable symptoms, Candida, gut issues, feeling like you’ll never be well again, issues like Lyme, Lupus, or Hashimoto’s, etc.

This protocol works by addressing chronic inflammation throughout the body. When inflammation is addressed, the body is freed up to heal. Next it heals the digestive system in 8 ways, it provides the body with bioavailable nutrients, and lastly, it heals the mitochondria and DNA of the cells. When you address all of these main issues – the body can heal.

Plexus slow start protocol for autoimmune:

(We want to get your inflammation under control first- so we are going to start slow.)

FOR THE FIRST 5 DAYS:

Morning:
2 biocleanse
3 Ease

Breakfast:
2 XFactor Plus

Bedtime:
2 biocleanse
3 Ease

DAY 6-10:

Morning:
Take the pink drink in the morning 30 minutes before you eat. Take the following supplements with the pink drink:
3 ease capsules
2 biocleanse

Breakfast:
2 XFactor Plus

Bedtime:
2 biocleanse
3 Ease

Then, if you're feeling good and not having die off symptoms on that regimen for a good week {this would be the second week} then on the third week:

ADD 1 Probio5 per week for 4 weeks:

We are going to add 1 probio5 a week until we get to 4 a day. 2 in the morning and 2 at night.

1st Week: 1 Probio5 @ night (with the biocleanse and Ease).

2nd Week: 2 Probio5 @ night (with the biocleanse and Ease).

3rd Week: 1 Probio5 in morning (with Pink drink, biocleanse and Ease) and 2 @ night (with the biocleanse and Ease).

4th Week: 2 Probio5 in the morning (with the Pink Drink, biocleanse and Ease) and 2 @ night (with the biocleanse and Ease).

After building up on the probio5 for 4 weeks the final schedule will be...

AUTOIMMUNE PROTOCOL FINAL SCHEDULE:

Morning:

Pink drink along with:

2 biocleanse

2 probio5

3 ease

Breakfast:

2 XFactor Plus

Night:

2 biocleanse

2 probio5

3 ease

(Once you've gotten the Candida under control - after about 2-3 months, you can cut down to taking 2 ProBio5 every night and no longer need to take it in the morning.)

Remember:

WATER!!! The products won't work if you're not drinking enough water. 3 liters a day is the goal (or half your body weight in ounces). Also, adjust the biocleanse to what you need. If you have diarrhea, cut back. But take enough so you're having at least 2-3 bowel movements per day.

To support any die-off (where you feel extra achy, tired, or have headaches) know that this is a good thing - this means you're making progress! If this occurs, drink plenty of water, adjust the biocleanse so you're having at least 2 bowel movements per day, and, if needed, take a milk thistle supplement to help support the liver.