

Getting Started Checklist!

NP VIP
Support
Group



1. Buy and read the book! Hands down this will be your best resource for getting success from this protocol! This book explains the science behind the protocol, teaches you how to start and how to troubleshoot issues that may pop up. It also has crucial chapters about relapse and what can trigger them. Get the information straight from Dr. Nemechek: <https://autonomicrecovery.shop/>
2. Determine if you need the modified protocol. If you have concerns about aggression, anxiety or that your child will have an intense awakening you can start with the Modified Protocol to minimize these issues. The modified protocol utilizes the oils only for a period of time, before the addition of inulin. Please watch this video for more information: <https://www.youtube.com/watch?v=B4EkM-O4GbM>
3. Source out supplies using these commonly used resources:
 - a) Direct from Dr. Nemechek's website - international shipping available: <https://www.nemechekconsultativemedicine.com/supplements/>
 - b) Vitacost: <https://www.vitacost.com/>
 - c) iHerb: <https://ca.iherb.com/>
4. If you are from a country that does not have access to any COOC approved oils and you cannot afford to import them, then you must do your research and source out an acceptable substitute in your region. Dr. Nemechek advises that people look for products that have some type of certification from an outside, independent organization that verifies purity.
5. Replace all oils in your home with either the certified EVOO, Canola, Coconut, Palm. The Nemechek Protocol is most effective when you cook exclusively with the approved cooking oil (COOC certified Extra-Virgin Olive Oil). Canola oil, Coconut oil and Palm oil are considered neutral oils, and it is recommended that when you are purchasing pre-packaged foods that you look for products made with these oils.
6. Eliminate all unnecessary supplements. Probiotics and digestive enzymes are strictly prohibited on this protocol. Prescription medications are permitted, and no one should stop prescription meds when starting. Please consult with the prescribing physician before stopping or weaning off any prescription meds. Regarding supplements and homeopathy, Dr. Nemechek says less is more! Often these products interfere with the efficacy of the protocol so try to eliminate excessive use of supplements.
7. Use the Dosing Charts to determine your starting doses and record them in the Weekly Dosing Tracker sheet. Each week record any increases or decreases and why you made the adjustments. At the end of the month use the Monthly Progress Chart to evaluate how the month went. Do not compare week to week and instead use the sheets to determine if the current month was better than the month before.
8. Be Patient! The Nemechek Protocol is long-term brain recovery. It is a marathon and not a race. Do not compare your child's progress to other children. The support group is filled with lots of WOW stories, but most people will see S.S.S. recovery. Slow, Subtle and Steady. Don't try to add anything to speed things up. Do not get discouraged. Just keep tracking month by month and make notes of the changes as they occur and over time the changes will become obvious.
9. Be consistent and do not miss a day. As Dr. Nemechek says – bacterial overgrowth will not respect holidays or take a day off. It will continue to use every opportunity to re-grow!
10. Do this protocol along with your child to get a sense of what they are going through when starting. Inulin can cause some gas, bloating and discomfort. This protocol is beneficial to all people regardless of their health! Become a Nemechek family!

This Getting Started Checklist is compliments of The Nemechek Protocol VIP Support Group: <https://www.npvipsupportgroup.com/>

Enjoy the ride! Your child is finally on the path to recovery