

Cusack Protocol – Connective Tissue Regeneration - Supplements Dosage Information Chart for Connective Tissue Insufficiency/EDS

The supplements in this protocol contain the precursor signaling molecules to regenerate connective tissues by stimulating the cells responsible for connective tissue production. My family started this protocol in 2009, please be aware this is not medical advice since I am not a doctor. I always inform our doctors and specialists what supplements we take for the best outcome in restoring my family's own connective tissues. Please know It is not only the collagen that is affected by EDS but also our linings and coverings of our organ systems which are affected by EDS as well; making them weak, thin and porous.

Important reminder: Please do not go without or miss doses of supplements because symptoms will return. This is not a cure but a life-long daily supplementation until a cure is found.

Suggestion: Starting with the lowest dosage possible introduce one supplement at a time giving a week or two between each supplement. A healing curve can occur with body aches, fatigue and stiff joints

Supplement with Dosage	Targeted Regenerative Cell with Tissue type and Body System	Secondary (Comorbid) Disease	Symptoms
Polysaccharide: (only choose one) Aloe or Maitake Effective Products: -Georges 100% Distilled Aloe Vera liquid, ½ oz to 2 oz daily. -Host Defense Maitake Capsules, 1 capsule daily (450mg). -PharmAloe, 1 capsule daily.	Fibroblast cells of connective tissue collagen, Ligaments, Tendons, Denticulate Ligaments, Structural Integrity of Veins, Arteries and Heart, Abdominal Aorta and Pulmonary Arteries	Joint Hypermobility, Vascular Insufficiency, POTs, Heart Valve Insufficiency, Dysautonomia, MVPs/Mitral Valve Prolapse, Aortic Valve dysfunction, Pulmonary Vascular Insufficiency, Pulmonary Hypertension, Abdominal Aorta Insufficiency, Large Veins, Organ Prolapses, IH, Intracranial CSF Pressure, PseudoTumor Cerebri, Dural Insufficiency, Dural Leaks, Arnold Chiari, Cranial Nerve Compression, Downward Migration of Brain, Cranio-cervical Instability, Cranial Settling, Basillar Invagination, Spinal Instability, Scoliosis, Spinal Stenosis, Reversed Lordosis, Bulging Discs, Sciatica, Ulcers, Pelvic Organ Prolapse, Rectocele, Hemorrhoids, Structure of Eye, TMJ, Easy Bruising, Wound Healing, Poor Gums	Joint pain from hypermobile, subluxed joints or joint dislocations, headache, back of head/neck pain, neurological dysfunction/with or without headaches, nausea, raspy voice, dizziness, vertigo, swallowing difficulty, choking, visual disturbances, POTs, passing out, lightheadedness up standing, hearing loss, back pain, spine pain, hip pain, sciatica pain, brain fog, fatigue, slow to heal bruises and slow wound healing, bleeding gums, hemorrhoids
Probiotic – L-Rhamnosus also known as L-GG or L-Reuteri Effective Products: -Culterelle, Custom Probiotics, Gerber Soothe, Klair Labs Factor 1, BioGaia, Lifeway brand Kefir drink	Mast Cells, Immune system (Resident Mast Cells are in every tissue of our body including GI tract and blood brain barrier and neurovascular system)	Mast Cell Disease, MCAD, MCAS, Compromised Immune System, Gastrointestinal Hyperpermeability, Malabsorption, Blood Brain Barrier Hyperpermeability, Anxiety, Sensory Integration Dysfunction, Urticaria Pigmentosa, Food Intolerances, Allergies, Anaphylaxis, Temperature Intolerances, Frequent Illnesses, Leaky Gut, Constipation, Diarrhea, Autism-like symptoms, Gastroparesis	Frequent illness, mast cell symptoms include gluten/food intolerances, allergies, extreme fatigue severe abdominal pain, gas, bloating, flushing, headache, diarrhea, bone/joint pain, rashes, itching, dizziness, difficulty breathing, anaphylaxis, coordination, anxiety/panic, confusion, cognitive decline, memory loss, language deficit, sensory issues
PQQ (Pyrroloquinoline Quinone) 20 mg capsule once daily	Epithelial Cells, Epithelium Mucosal lining of GI Tract, Epithelium of Bladder, Ocular Lens of Eye	Gastrointestinal Hyperpermeability, Gastrointestinal Dysfunction, Gastroparesis, Malabsorption, Allergies, Language Deficits, Constipation, SIBO, Bladder Incontinence, Overactive Bladder, Mitochondrial Dysfunction, Eye Lens Insufficiency, Ocular Floaters	Gastroparesis, constipation, mast cell symptoms, fatigue, brain fog language/cognitive, deficits, bladder leaking/Incontinence, eye floaters
L-Arginine (low Dose) 250 mg to 500 mg once daily	Endothelial Cells, Endothelium of Vascular System, Pulmonary System, Gastrointestinal system and Retina of Eye, Ear	Endothelial Dysfunction of Vascular and Cardio Vascular System. Pulmonary Dysfunction, Mild Hypoxia, Retinal Dysfunction, Tinnitus, Low Energy, Language Deficits, Cognitive Deficits Autistic-like symptoms, Sensory Integration Dysfunction	Gastroparesis, fatigue, Low energy, brain fog, language/cognitive deficits, loss of color, not feeling oxygenated, ringing in ears, retinal dysfunction
D-Ribose Pure Powder 325 mg daily, in morning	Schwann Cells, Myelin Sheath of Peripheral Nervous System.	Fibromyalgia, Chronic Fatigue, Muscle Weakness, Muscle and Joint Pain, Trigger Point Pain, Brain Fog, Overactive Nerves, Peripheral Nervous System, Myelin Hyperpermeability	Chronic fatigue, muscle/joint pain, trigger point pain, brain fog, low stamina, electric shocks or pin pricks feelings, difficulty with activity
Lions Mane Effective Product: Host Defense, 1 capsule daily	Oligodendrocytes, Myelin Sheath of Central Nervous System	OCD, ADHD, ADD, Tic Disorder, Overactive Central Nervous System, Stress, Social Deficits	Stress, overthinking stressful events, OCD, easily distracted, cognitive decline, social shyness
DE (Food Grade Diatomaceous Earth) ¼ tsp to 2 tablespoons nightly	Gastrointestinal System, Bone and Joints, Heavy Metals	Arthritis, Degenerative Joint Disease, Spinal Stenosis, Torn Ligaments, Heavy Metals, Bad Bacteria, Yeasts, Candida, Viruses, Parasites, Constipation	Frequent illness, arthritis pain, degenerative joint pain, heavy metal toxicity with fatigue and headache, yeast, candida, bad bacteria, viruses, severe joint pain

Glucosamine Chondroitin 500 mg/400 mg daily	Odontoblasts, Teeth Dentin	Tooth Decay, Cavities, Tooth Fractures, Abscesses	Tooth pain, cavities, fractures, frequent root canals
Astralagus Polysaccharide 500mg daily	Muscle tissue	Muscle wasting, secondary to EDS	Improves energy/stamina/mood, reduces anxiety/stress and has many health benefits in addition to eliminating muscle wasting
Hyraulonic Acid 100 mg daily	Eye tissues and vitreous humor	Floaters in vitreous humor of the eye, retinal pulling/pre-detachment light flashes	Can take 90 days to take effect
Protocol Developed September 2009 by D. Cusack			Protocol Updated November 3, 2017