

# Laminine – Recommended Dosages & Retracing

*The recommended dosage of Laminine depends on the health condition of your body. If you are sick or in poor health condition, you will require more capsules. There can be no overdosing of Laminine because it is a food supplement, not a pharmaceutical drug.*

## Dosage Guidelines

**Day 1:** 1 capsule when you first get up in the morning.

**Day 2:** 1 capsule when you get up in the morning and 1 capsule in the evening.

**Day 3:** 2 capsules in the morning and 1 in the evening

**Day 4:** 2 capsules in the morning and 2 in the evening.

**After Day 4:** Remain on this dose indefinitely (depending on how you feel) or adjust accordingly.

**It is recommended that you stay on Laminine for at least 3 months to see the full effects of the healing.**

If you are not getting the results you desire, increase the dose to 6 capsules (or more) a day. If you're not sure how many you need to be taking, please contact Erica on 0438 343 833. Please see notes below on retracing.

## With or without food?

It is recommended to take Laminine on an empty stomach, but if this is not possible then you can take it with food – it just takes a little longer to work.

## Recommended Dosages for Children

While Laminine is a food and is safe for people of all ages, we recommend half of the amount suggested above. If child does not swallow capsules, open the capsule and add the contents to yogurt, milk or smoothie.

## Recommended Dosages for Pets

Laminine is also great for pets. Open a capsule & put the contents in their bowl or your hand. Allow them to lap it up freely. Most animals like egg protein and will like Laminine. If needed, you can add it to a small amount of another protein they will eat. The suggested usage varies by animal. The vets we have consulted with who use Laminine in their practices recommend the following:

For dogs and cats (split equally in order to consume twice daily):

~ 0 – 18kg: half to 1 capsule daily

~ 18 – 36kg: 2 capsules daily

~ 36 – 45kg: 3 capsules daily

For horses, suggested usage is approximately 4 capsules daily.

## Retracing & Symptoms

*An observation extract from Dr. Shelva Christian*

When taking Laminine, most people notice a major significant improvement in their health within one or two months in the area of their primary complaint. Many will notice positive changes in days. There are some who either don't see a significant change in their overall health OR they start to experience some symptoms and these symptoms are reminiscent of previous health problems they have had. **This is called Retracing.** It is very important for those who are taking Laminine to understand that they may experience retracing symptoms of conditions that they've had in the past. The reason this happens is because Laminine is activating stem cells in your body to regenerate damaged tissue. The cells in damaged tissue, whether they are blood cells, liver cells, brain cells, intestinal cells, etc. have to be removed first before new tissue can be created.

As brand new cells are made some people will experience re-tracing symptoms e.g. you may have a knee injury with damaged ligaments that's causing you pain. A little short term discomfort can be experienced. It could be the same for other symptoms such as intestinal pain or fatigue. As toxins are eliminated from our cells they are dumped into the blood stream. For a short time, some people may feel tired, experience a few headaches, perhaps a rash or a stomach ache & some will have flu like symptoms as the body works overtime to remove these toxins. **This is perfectly normal and should not deter you from continuing with Laminine.** There are several strategies you can use to reduce those symptoms.

1. Make sure you're drinking enough water. You need to drink about half your body weight in ounces of water per day, so if you weigh 75kgs that would mean 2.5 litres of pure water per day. Divided up that would mean 10x 250ml glasses per day. Drink good filtered water.
2. You might want to **reduce the amount of Laminine** you are taking for a period of time until your body goes through the healing process (Re-tracing pattern). If you are taking four capsules a day, you could reduce it to two; if you are taking two capsules per day, you might reduce it to one.
3. Make sure that your **bowels** are moving regularly. The retracing process will be much easier if your bowels are moving than if they are not. So make sure you drink enough water, beneficial bacteria, fibre and magnesium for your bowels to move two to three times per day. That's optimal. This is a very important factor in reducing the symptoms that you have while going through the retracing pattern.