

The Root Cause Protocol - Instruction Manual

Version 9.0 -- Updated November 14th, 2018

TO ACHIEVE THE FULL BENEFITS OF THE ROOT CAUSE PROTOCOL, IT'S BEST TO START BY EDUCATING YOURSELF. THEREFORE, PLEASE READ THIS DOCUMENT IN ITS ENTIRETY BEFORE YOU IMPLEMENT ANY OF THE STEPS.

CHANGE NOTES: Up until this version -- “Version 9” -- the most recent version of the RCP was from November 2016 ([found here](#)). And that was pieced together over the course of several years based on my research of scientific literature, plus my direct experience coaching thousands of clients.

This Current Version -- or “Version 9”, as in, “I’ve now been researching this for 9 years” -- is what I consider to be the **first formal version** of the Root Cause Protocol. It is by far the most cohesive and comprehensive.

As updates occur, in the future, this document will be updated, so please make sure that you stay subscribed to our mailing list so that you receive updates.

WHAT'S NEW IN VERSION 9.0:

1. Created a simple **RCP Daily Supplement Schedule** table.
2. Introduced the concept of **Phases** for the **STOPS**, **STARTS**, and **X-FACTORS**.
3. Updated **Recommended Brands** for the **STARTS**.
4. Added a **Purpose** section, a short summary of what this protocol is intending to do.
5. Added **FAQs** section at the beginning and end of the **STARTS** to help address the most common questions (and fears) that people have about this protocol.

RCP SUGGESTED DAILY SCHEDULE - **STARTS**

Early Morning (away from food)		
Product	Amount Per Serving	Phase
Diatomaceous Earth	1 tsp (mix in juice or water)	3
With Breakfast		
Trace Mineral Drops	1/2 tsp (all at once, or mix w/ gallon of water to sip on throughout the day)	1
Magnesium Malate	~200mg	1
Cod Liver Oil	~1 tsp	1
Bee Pollen	~1 tsp	2
Beef Liver	~1,500mg	2
Boron	~3mg	3
Mid-Morning (away from food)		
"Adrenal Cocktail"	1 serving (mix in OJ or water)	1
Wholefood Vitamin C	~400mg	1
With Lunch		
Magnesium Malate	~200mg	1
Wholefood Vitamin E Complex	1 softgel	1
Beef Liver	~1,500mg	2
Mid-Afternoon (away from food)		
"Adrenal Cocktail"	1 serving (mix in OJ or water)	2
Wholefood Vitamin C	~400mg	2
With Dinner		
None		
Before Bed (away from food)		
Magnesium Glycinate	~200mg	1
Topical Magnesium	1 dose	1
Rice Bran	1 - 2 tsp (mix in juice or water)	2
Taurine	~500mg	3

Begin the RCP by starting with Phase 1 items first. Then add in Phase 2 items, and then finally, Phase 3. See FAQs section for when you should consider adding new items. Also, see "Recommended Products."

The Purpose of the **STOPS** and **STARTS**

Simply stated, The Root Cause Protocol is designed to help the body "make" Ceruloplasmin and "empower" Ferroxidase in order to reduce oxidative stress and inflammation.

- Ceruloplasmin (Cp) is a Copper dependant protein that, in a healthy body, enables Ferroxidase function.
- Ferroxidase (FOX), the “Active” form of Ceruloplasmin, is the Enzyme that regulates (or “chaperones”) Iron and prevents it from “rusting” / oxidizing. Ferroxidase is the master antioxidant enzyme that regulates Iron status in the body.
- Dysregulated, unbound, excess Iron is the greatest source of oxidative stress and inflammation in the body.

For 9 years, I've been researching the peer-reviewed, scientific literature from around the world (dating back to 1948) on the subject of how to increase Ferroxidase function.

This body of research shows that each of the **STOPS** disrupt Ferroxidase function. And conversely, each of the **STARTS** improve Ferroxidase function.

Currently, and quite unfortunately, there are no lab tests available to consumers for measuring Ferroxidase function. Given this restriction, it must be “triangulated,” based on several blood and hair-tissue markers, as well as overall bodily function and symptoms. This approach is directionally correct, but far from “definitive.” (For more on this, see [How To Order Blood & HTMA Lab Tests](#), and [What Are The Ideal Lab Test Values?](#))

STOPS (PHASE 0)

- 1) **STOP** Taking Iron Supplements
- 2) **STOP** Taking Vitamin D3 Supplements
- 3) **STOP** Taking Calcium Supplements
- 4) **STOP** Taking Zinc Supplements
- 5) **STOP** Taking Molybdenum Supplements
- 6) **STOP** Taking “Drugstore” Once-A-Day Multivitamins, Prenatals, etc.
- 7) **STOP** Using Ascorbic Acid, Citrate, and Citric Acid, food & supplements
- 8) **STOP** Using High Fructose Corn Syrup (HFCS) & Synthetic Sugars
- 9) **STOP** Using Industrialized Omega-6 Oils (e.g. Soybean Oil, Canola Oil, etc.)
- 10) **STOP** Using Fluoride (toothpaste, water, etc.)
- 11) **STOP** Using Colloidal Silver as an Antibiotic
- 12) **STOP** Eating Low-Fat, High-Carb, Processed, Refined Foods

If you want to dig deeper and learn the scientific research behind each of these **STOPS** (and **STARTS**), please purchase access to The [The Root Cause Protocol 101 Video Series](#), 5+ hours of conversation between myself and Ben Edwards, MD. (\$99 USD) Please note that access to RCP 101 Video Series is **FREE** with a [paid membership to RCP Community](#).

FAQs (Part 1)

“Do I need to follow ALL the **STARTS** EXACTLY for this to work?”

Many people see the word “protocol”, and they start envisioning an airplane pilot going through a pre-flight checklist with *exact* steps and *exact* sequences. The Root Cause Protocol is intended to be different -- it’s about pursuing the right *direction*, not attaining *perfection*. (Please read that again and let it sink in!!!)

You do NOT have to do every START in the exact right in order and dose to begin repairing cellular dysfunction. (In fact, just quitting the STOPS alone has notable positive impact.) This is a *process*, not a *recipe*. So please, stop stressing, and just begin moving forward -- quit doing the STOPS *today*, and then *slowly* begin implementing the STARTS, phase by phase.

“When should I begin each PHASE?”

Unfortunately, the answer is, “it depends”, because it’s based on how your body reacts to each nutrient. The “course record” is a woman who implemented all of the STARTS within the first few weeks and felt dramatic changes within 60 days. Then there are others who’ve taken 18 months (or longer) to implement these STARTS because their bodies needed that much time to detox and acclimate. Your mileage will vary. Listen to your body. And if you would like personalized help, [book an RCP Consult](#).

“How long do I need to follow these steps?”

The Root Cause Protocol is a *lifestyle* change -- your body will *always* need minerals like Magnesium and Wholefood Vitamin Complexes like A, C, E, etc.

The **STARTS** are designed to be followed indefinitely as they are the key nutrients missing in the modern diet today, laden with refined and processed foods. How quickly or slowly you decide to implement them are up to you, and how your body responds to each substance.

Please understand that The Root Cause Protocol is ultimately about *education* and *empowerment* -- my desire is to help you understand the *root cause* of your health challenges so that you can implement these steps and take greater control of your health.

STARTS - RECOMMENDED PRODUCTS

The following products are recommended because they have been vetted by the RCP community over the course of time. (Please note that these products fall under the scope of [the Medical Disclaimer](#), which you agreed to when you signed up to download this RCP Instruction Manual.)

For each product, we've done our best to provide multiple links (Amazon, iHerb, etc.) to make this easy for you. (For convenience, you can find several “**RCP Starter Kit**” options at the end of this list.) And wherever possible, we've also added International options.

Some of the links use an “affiliate code” and by purchasing from that store, you'll be supporting this organization without any additional cost to yourself.

- If any of these links are out of date, or if you would like to suggest a product for consideration on this list, please [contact Customer Service](#).
- If you have a question about implementing any of these steps, please [Book an RCP Consult](#).

IMPORTANT:

YOU DO NOT HAVE TO TAKE THESE EXACT PRODUCTS/BRANDS FOR THE PROTOCOL TO BE EFFECTIVE FOR YOU. THESE ARE JUST THE BRANDS THAT HAVE BEEN USED MOST FREQUENTLY BY MEMBERS OF THE COMMUNITY, AND THEREFORE, ARE THE ONES WE RECOMMENDED TO HELP YOU WADE THROUGH THE HUNDREDS OF POTENTIAL OPTIONS.

STARTS (PHASE 1)

1. **START** Taking Mineral Drops

- a. Dose: Mix into drinking water, sip throughout the day.
- b. Recommended Brands (choose one):
 - i. Aussie Trace Minerals
 - 1. JigsawHealth.com
 - 2. SeaMineral.com
 - ii. Anderson's Sea M.D.
 - 1. Amazon
 - 2. AndersonsHS.com
 - iii. Concentrace Trace Mineral Drops
 - 1. Amazon
 - 2. TraceMinerals.com
 - 3. iHerb
 - iv. Amena's Daily Boost
 - 1. Amenas.com
 - v. Ancient Lakes Magnesium Bitterns
 - 1. AncientLakesMagnesium.com

2. **START** Taking The "Adrenal Cocktail"

- a. Dose: 1 - 2 times per day.
- b. Recommended Brands (choose one):
 - i. Jigsaw Adrenal Cocktail (pre-mixed powder or capsules)
 - 1. Amazon - Jar
 - 2. Amazon - Capsules
 - 3. JigsawHealth.com - Jar
 - 4. JigsawHealth.com - Capsules
 - ii. Corganic Adrenal Cocktail Kit (mix yourself)
 - 1. Corganic.com

- iii. Ancient Lakes Kakadu Adrenal Tonic (pre-mixed powder or capsules)
 - 1. AncientLakesMagnesium.com
- iv. [Alternative DIY Recipes](#)
- v. *Optional* Adrenal Support - Ashwaganda
 - 1. iHerb
 - 2. GaiaHerbs.com

3. **START** Taking Wholefood Vitamin C Complex

- a. Dose: 400mg - 800mg per day.
- b. Recommended Brands (choose one):
 - i. AmaFruits Acerola powder
 - 1. AmaFruits.com
 - ii. Jigsaw Adrenal Cocktail
 - 1. In addition to containing the ingredients for the Adrenal Cocktail, this formula also contains 400mg of Wholefood Vitamin C, as Acerola, per serving. See previous links for purchase options.
 - iii. Navitas Organic Camu Camu powder
 - 1. Amazon
 - 2. NavitasOrganics.com
 - 3. iHerb
 - iv. Innate Response Vitamin C-400 (TABLETS only)
 - 1. Amazon
 - 2. InnateResponse.com
 - 3. iHerb
 - v. Pure Synergy's Pure Radiance C
 - 1. Amazon
 - 2. PureFormulas.com
 - 3. iHerb

4. **START** Taking Magnesium

- a. Dose: 5mg/lb or 10mg/kg of body weight per day; use some Magnesium rich foods AND oral Magnesium supplements and/or topical applications. This is for two reasons: First, it's basically impossible to reach the recommended daily dose with food alone. Second, nearly all of these also contain Calcium. In other words, you can't rely on food alone to repair a Calcium-Magnesium imbalance. So choose one type of Magnesium oral supplement and one type of topical supplement to start with, then add others slowly over time.
- b. Recommended Magnesium Rich Foods (Organic whenever possible)
 - i. Nuts (Cashews, Brazil, Almonds)
 - ii. Seeds (Sunflower, Pumpkin, Chia, Flax)
 - iii. Dark Leafy Greens (Mustard, Collard, Beet, Chard)
 - iv. Legumes (Black Beans, Lentils, Chickpeas)
 - v. Whole Grains (Oats, Barley, Buckwheat, Quinoa)
 - vi. Fish (Halibut, Salmon, Mackerel)
- c. Recommended Supplement Brands:
 - i. Oral Magnesium Supplements
 - 1. Magnesium Malate (choose one):**
 - a. Jigsaw MagSRT (B-Free) - time-release tablets; 500mg of Magnesium Malate per serving
 - i. [Amazon](#)
 - ii. [JigsawHealth.com](#)
 - b. Jigsaw MagPure (Malate) - 100mg of Magnesium Malate per serving
 - i. [Amazon](#)
 - ii. [JigsawHealth.com](#)
 - c. Corganic Wake Up Maggie - 200mg of Magnesium (as Malate, Orotate, and Taurinate) and plus Boron (Magnesium co-factor) per scoop of powder
 - i. [Corganic.com](#)

2. Magnesium Glycinate (choose one):

- a. Jigsaw MagNow - 200mg of Magnesium Glycinate plus Potassium Bicarbonate (Magnesium co-factors) per scoop of powder
 - i. Amazon - Packets
 - ii. Amazon - Jars
 - iii. JigsawHealth.com - Packets
 - iv. [JigsawHealth.com](https://www.jigsawhealth.com) - Jars
- b. Jigsaw MagPure (Glycinate) - 50mg of Magnesium Glycinate per serving
 - i. [Amazon](https://www.amazon.com)
 - ii. [JigsawHealth.com](https://www.jigsawhealth.com)
- c. Goodnight Maggie - 100mg of Magnesium (as Bisglycinate chelate and Oxide) per capsule
 - i. [Corganic.com](https://www.corganic.com)
- d. Doctor's Best Magnesium (Bisglycinate)
 - i. [Amazon](https://www.amazon.com)
 - ii. [DrBVitamins.com](https://www.drBVitamins.com)
 - iii. [iHerb](https://www.iHerb.com)

3. DIY "Magnesium Water" (optional)

- a. [Instructions for making Magnesium Bicarbonate by MJ Hampstead](https://www.jigsawhealth.com/instructions-for-making-magnesium-bicarbonate-by-mj-hampstead)
- ii. Topical Magnesium (Choose one or more; Lotion is generally better tolerated on the skin than oil, but oil can also be mixed into water for a good "foot-bath soak")
 - 1. Health and Wisdom Magnesium Oil
 - a. [Amazon](https://www.amazon.com)
 - b. [Health-and-Wisdom.com](https://www.health-and-wisdom.com), [iHerb](https://www.iHerb.com)
 - 2. Ancient Minerals Magnesium Lotion or Oil
 - a. [Amazon](https://www.amazon.com) - Lotion

- b. [Amazon - Oil](#)
 - c. [JigsawHealth.com - Lotion](#)
 - d. [EnviroMedica.com - Lotion](#)
 - e. [EnviroMedica.com - Oil](#)
- 3. DermaMag Magnesium Oil
 - a. [Amazon](#)
 - b. [DermaMag.com](#)
- 4. “Mo’ Maggie” Magnesium Lotion
 - a. [MoNatural.com](#)
- 5. Malle’s Magnesium Oil
 - a. [Amazon](#)
 - b. [TheMagnesiumCo.com](#)
- 6. Epsom-It Magnesium Lotion
 - a. [Amazon](#)
- 7. Epsom Salt
 - a. Available at just about any local drugstore

5. **START** Taking Cod Liver Oil

- a. Dose: Take softgels or liquid daily.
- b. Recommended Brands (choose one):
 - i. Rosita’s Cod Liver Oil
 - 1. [Corganic.com](#)
 - ii. Jigsaw Alaskan Cod Liver Oil
 - 1. [JigsawHealth.com](#)
 - iii. Nordic Natural Arctic Cod Liver Oil
 - 1. [Amazon](#)
 - 2. [NordicNaturals.com](#)
 - 3. [iHerb](#)

6. **START** Taking Wholefood Vitamin E Complex

- a. Dose: Take daily.
- b. Recommended Brands (choose one):

i. Life Extension Gamma E Mixed Tocopherols & Tocotrienols

1. [Amazon](#)
2. [JigsawHealth.com](#)
3. [LifeExtension.com](#)
4. [iHerb](#)

ii. Juka's Organic Red Palm Oil

1. [Amazon](#)
2. [JukasOrganic.com](#)

iii. Standard Process Wheat Germ Oil

1. [Amazon](#)
2. [StandardProcess.com](#)

STARTS (PHASE 2)

START Taking MTHR NATURE sources for B Vitamins, preferably all 3:

1. Bee Pollen

- Dose: 1/2 tsp daily
- If possible, use Local and Organic; if not choose one of these:
 - i. Greenbow Organic Bee Pollen
 - 1. [Amazon](#)
 - 2. [JigsawHealth.com](#)
 - 3. [GreenbowUS.com](#)
 - ii. Honey Pacifica Bee Pollen
 - 1. [Amazon](#)
 - 2. [HoneyPacifica.com](#)
 - iii. Stakich Bee Pollen
 - 1. [Amazon](#)
 - 2. [Stakich.com](#)

2. Stabilized Rice Bran

- Dose: 1 - 2 tbsp daily, taken away from food.
- Recommended Brands (choose one):
 - i. NOW Foods Stabilized Rice Bran
 - 1. [Amazon](#)
 - 2. [JigsawHealth.com](#)
 - 3. [NowFoods.com](#)
 - 4. [iHerb](#)

3. Grassfed Beef Liver

- Dose: Eat 4 - 6oz. of Organic, Grass-fed Beef Liver per week (recipe suggestions) if you can get it; if not, take Dessicated Beef Liver Supplements (Work up to 3,000mg daily).
- Recommended Supplement Brands (choose one):
 - i. Perfect - Desiccated Beef Liver

1. [Amazon](#)
 2. [JigsawHealth.com](#)
 3. [PerfectSupplements.com](#)
- ii. Ancestral Supplements Beef Liver
1. [Amazon](#)
- iii. Radiant Light Desiccated Beef Liver
1. [RadiantLifeCatalog.com](#)
- iv. Pete Evans Desiccated Beef liver
1. [Gelpro Australia](#)

STARTS (PHASE 3)

1. **START** Eating An Organic, Ancestral / Paleo Diet

- a. HIGH Fat, MODERATE Protein, LOW Carb; In general: Fresh, Local, Organic, Grass-fed, Pasture-raised, Cold-water wild-caught.

2. **START** Taking Silica / Diatomaceous Earth

- a. Dose: Start with ⅛ tbsp, increase gradually to 1 - 3 tbsp; take daily in the morning or at night, away from food.
- b. Recommended Brands (choose one):
 - i. KVL Lab Food-Grade Diatomaceous Earth
 - 1. JigsawHealth.com
 - 2. KVLab.com
 - ii. Lumino Food-Grade Diatomaceous Earth
 - 1. Amazon
 - 2. LuminoFoodGradeDE.com

3. **START** Taking Boron Supplements

- a. Dose: 1 - 3mg per day.
- b. Recommended Brands (choose one):
 - i. Corganic Boron Glycinate powder
 - 1. Corganic.com
 - ii. Trace Minerals Research Ionic Boron liquid drops
 - 1. JigsawHealth.com
 - 2. TraceMinerals.com
- c. Optional “Boron Bath” - Use “20 Mule Team” Borax (or similar brand) and add into bath water with Epsom Salt and Baking Soda.

4. **START** Taking Taurine Supplements

- a. Dose: 500mg per day, ideally taken away from food.
- b. Recommended Brands (choose one):
 - i. Corganic Taurine capsules

1. Corganic.com
- ii. Douglas Labs Taurine capsules
 1. Amazon
 2. JigsawHealth.com
 3. DouglasLabs.com
- iii. Pure Encapsulations Taurine
 1. Amazon
 2. PureEncapsulations.com
- iv. NOW Foods Taurine
 1. Amazon
 2. NowFoods.com
 3. iHerb

5. **START** Taking Iodine Supplements

- a. Prerequisite: Before beginning Iodine supplements, RBC Magnesium & RBC Selenium need to be at optimal levels. Until then, add Iodine rich foods to diet, such as Kelp, Seaweed, Scallops, Cod, Cranberries, etc.
- b. Recommended Brands:
 - i. Oregon's Wild Harvest Kelp
 1. Amazon
 2. JigsawHealth.com
 3. OregonsWildHarvest.com
 4. iHerb
 - ii. Seagreen's Organic Dried Seaweed
 1. SeagreensOnline.com

RCP STARTER KITS

For your convenience, two companies in the USA have created various RCP Starter Kits. These kits can generally be shipped internationally as well.

1. **Jigsaw Health** has three kits featuring various Jigsaw Health products:
 - a. [RCP Starter Kit](#) — 2 month supply of everything in the RCP for \$309
 - b. [RCP Essentials Kit](#) — 2 month supply of the RCP basics for \$219
 - c. [RPC Extras Kit](#) — all the rest of the RCP products for \$99
 - d. Items sold separately [here](#).
2. **Corganic** has two kits featuring various Corganic products:
 - a. [RCP Starter Kit \(Cod Liver Oil as Softgels\)](#) - 1 month supply of 6 key products for \$227.
 - b. [RCP Starter Kit \(Cod Liver Oil as Liquid\)](#) - 1 month supply of 6 key products for \$181.
 - c. Items sold separately [here](#).

STARTS (PHASE X)

These “X-Factors” are the non-nutritional factors that are **just as important** as the nutritional factors. These can be started at any time.

1. **START Donating Blood**

- a. For men & post-menopausal women, every 3 months; for women still cycling, twice a year. This is the most efficient way to relieve the burden of unbound, excess Iron and “jumpstarts” the body’s “Iron recycling system.”

2. **START Getting More Sunlight**

- a. We are “light beings” -- and sunlight has a multitude of benefits: helps generate natural Vitamin D (aka. “Hormone D”), helps activate Ferroxidase, resets

Circadian Rhythm for better sleep, etc. Best case is before 10am to get exposure on your skin and eyes; do NOT use sunglasses. Your ability to get sunlight varies greatly by location, time of year, weather, etc. Just do the best you can to get more sunlight.

3. **START** Doing “Joyful Movement”

- a. To the extent that your body can handle it, any form of “joyful movement” -- walking, gardening, light exercise, etc. -- is encouraged.

4. **START** Clearing Food & Environmental Sensitivities

- a. AAT ([Advanced Allergy Therapeutics](#), computer-based system)
- b. NAET ([Nambudripad's Allergy Elimination Technique](#), applied Kinesiology)

5. **START** Emotional Freedom Technique (EFT)

- a. Unresolved emotions and stress triggers the creation of “fears” which create a relentless “Magnesium Burn Rate.” (The body uses Magnesium to combat feelings of anxiety.) The beauty of EFT is to **RELEASE** those fears to allow the mineral balancing process to unfold.

6. **LIMIT** Blue Light Radiation Exposure

- a. Blue Light (from computers, phones, etc.) is the start of Ionizing Radiation, which produces Hydrogen Peroxide (H₂O₂) a significant source of oxidative stress for our eyes and retina. But our eyes love Retinol! Retinol repairs oxidative stress caused by Blue Light.

FAQs (Part 2)

“What about other supplements like Co-Q10, Probiotics, etc?”

If a particular item is *not* listed in the **STOPS** or the **STARTS**, that means I’ve not read enough peer-reviewed research to establish an official position either way. But my passion in life is reading scientific literature. (Yes, I'm a total nerd!) So as I uncover new steps, and as I learn what is working best in the RCP community, the protocol will be updated. (If you downloaded this PDF from TheRootCauseProtocol.com, then you’re already signed up for the mailing list and you’ll receive updates.)

“This is overwhelming! Can I get help from an RCP Consultant?”

Yes! I know that this protocol can feel overwhelming at first. Do you have questions about how to best implement certain steps for yourself or a loved one? Would you like to get personalized help from someone who is an expert in implementing The Root Cause Protocol? [Yes, please book an RCP Consult with an RCP expert.](#)

“I LOVE what RCP has done for me, how can I support this cause?”

- Please [contact RCP Customer Service](#) and share your success story with us so that we may add you to the ever-growing list of [Root Cause Protocol Testimonials](#) from around the world.
- And, please [join the Premium RCP Community](#) to get exclusive access to new research, to collaborate with others who are following the RCP, and much more!

A vôtre santé,

Morley Robbins