
The GOTTFRIED PROTOCOLS

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Your Condition

NO ENERGY / DEPLETED

Possible Cause(s): Low Cortisol

Step 1
**FOOD/LIFESTYLE/
MOVEMENT**

1. Get regular exercise

2. Supplements

- Vitamin C, 600-1,000 mg/day
- Vitamin-B Complex

Step 2
BOTANICALS*

Must work with a physician, as this can be risky.

Licorice

600 mg/day, standardized to 25% (150 mg) glycyrrhizic acid (Make sure to have blood pressure checked.)

Step 3
BIOIDENTICAL*

Have it checked by physician, but consider Iso-cort at low doses and for no longer than 6 to 12 weeks.

**The Gottfried Protocols are intended as health information and not medical advice. Please consult your doctor before following Step 2 and Step 3 of the Protocols.*