

Dr. J's Protocol for Managing Fibrinogen Levels

-Follow a low carb diet to reduce blood glucose and insulin levels (thus reducing Triglycerides and VLDL cholesterol levels)

-Supplementation for controlling cholesterol panels, triglycerides, and VLDL:

Primary—Linium B6, Polyunsaturated fatty acids, Vitamin B complex

Secondary—Circumflex, Protofood (phosphorus base supplements for blood thinning)

-Check for hypothyroid connection