



Protocol for McFinn Lovere ALS Reversal. physical, mental, and spiritual. Life expectancy is 18 months.

Physical.

I had a first and a second opinion with diagnostic equipment to verify I had ALS.

I could speak and move two fingers and my head. The rest of my body was paralyzed.

My caregiver was familiar with moving a paralyzed person, which is essential!!

Multiple therapies,

steam sauna, massage, Ayurvedic massage, craniosacral, physical therapy, laying down on the Earth, when possible,

water pool therapy, daily muscle movement by my caretaker, squirming on the floor for 45 minutes a day.

Acupuncture

Detoxification diet.

Vegan diet:

no dairy, no meat, no canned vegetables.

Organic Foods. Broccoli, avocados, carrots, celery, lettuce, corn, cucumbers, green peas, potatoes, red cabbage, green beans. Salads with nuts and seeds, plus quinoa sprinkled over it.

Fruits, apples, fresh blueberries, figs, bananas, grapes. Smoothie with frozen cherries, blueberries, orange juice, banana, and protein powder.

Nuts, walnuts, sprouted almonds, sunflower seeds, pumpkin seeds, sesame seeds, and macadamia nuts to help me gain weight.

Grains, quinoa, Brown basmati rice, lentils. cut oats!

For desserts, shredded Apple with chopped walnuts covered in Maple syrup, key lime pie using freshly squeezed limes, and organic avocados with a nut date

crust help to keep the weight on. Summertime, small Frozen Watermelon pieces or frozen grapes.

Chelation therapy

There are two types: oral and I V.

I used the oral method. Level five release of lead is common in most people using Chelation. My lead release level was as high as 49.

2 Captomere Capsule 250 MG four times a day.

DMSA (2-3 dimercaptosuccinic acid) is a chelating agent known commercially as Captomere or Succimer. It is commonly used to chelate lead for the treatment of lead toxicity. It is also very effective for removing mercury, cadmium, uranium, thallium, and other toxic metals.

Chelation worked for me by taking the DMSA four times daily for five days. That strips all the minerals, vitamins, and toxins from my body.

Then, for nine days, you regain the vitamins and minerals you removed.

My Chelation therapy lasted 21 months. Five years later, I retested my lead level, and my release number was 15. I had reversed my ALS and did not want to continue any more commitment to Chelation.

Supplements

Vitamin C 5 gr. / day

Vitamin E 400 to 800 iu/ day

Flax oil 1 tablespoon / day

CoQ10 200mg/ / day

B12 sublingual /day

SLF Forte 2 caps twice a day

Turmeric 3 caps/day

Multivitamin powder one scoop twice a day in water

2 quarts a day of water

Six caps of psyllium husk before bed with 14 ounces of water

Mental

It was mental stress that triggered my symptoms.

I learned compassion for myself and my family during stressful moments.

I gave up the power of **Hope**, and then I regained it.

Self-forgiveness for my poor me attitude at times.

Death with Dignity option gave me the sense of being in charge, I'm glad I didn't go through with it.

When I started to feel claustrophobic, trapped in my body, my caretaker, Bret, would take me outside and lay me on the ground. It helped me connect with a bigger reality than myself.

Crying gave me a release from the frustration and fear I often felt.

I was inside too much.

I felt isolated, so I started a men's group.

I spoke out loud, my intent to be healed.

Spiritual

This is frightening. I needed help, and I prayed for Help.

I am more than I seem. I connected with my Spirit more than at any other time in my life.

Praying for a deeper understanding of why I have this disease.

Healing power of my wife's prayer circle was miraculous, for five minutes.

I am a spiritual Being having a physical experience, but I still pray for this ALS to end.

My spiritual healing from the Filipino Christian healer let me know that God is watching over me through someone else's healing hands.

Mirror work, seeing myself was powerful, having conversations with myself, out loud was intimate. I wasn't always good at it; it got a little scary at times. I told myself how much I loved my body and my spirit.

Then Mona would turn the light out. It was very powerful having the lights go out. It was easier that way to have conversations with my spirit, no physical distractions. I needed that relationship with my spirit so if I must leave my body in 18 months, I wouldn't be lost.

Life Review

I had plenty of time to revisit all the detailed memories I had about my life before ALS at 55. I did a lot of personal forgiving of my past deeds that I wasn't so proud. I was amazed at how many things I had forgotten about. I divided my life review into 10-year segments. Doing that gave me a general feeling about what happened overall during those periods of time. Then I tried to put the details in. Once I started, I was amazed at how many details I could recall, some good and some, I regret.

My meditations were short but plentiful. I had a list of words I would ponder—Hope, Love, Gratitude, Calmness, Joy, Compassion, Forgiveness, and Acceptance. I had plenty of time to spread them out. I started a pattern. After the brief, miraculous healing from my wife's prayer circle, I decided. One of the most helpful meditations I had was trying to be in the present moment; it wasn't easy. The past and the future are always trying to get my attention. The “What if?” syndrome was always knocking on my door.

Cannabis was very helpful in relaxing my body and my mind. I needed a little extra help to separate from my worry and fear after being told I only had 18 months to live. Lexapro antidepressant did not work for me.

That's why it was so important for me to live in the present moment and not in the predictions of my neurologist.

My healing was a combination of my openness to being healed, the therapies that I worked with, and I believe, most of all, the Miraculous healings that jumpstarted my nervous system for a short time.

I was given the gift of renewed health, so that I could understand the suffering my brothers and sisters with ALS are going through, and how best to serve their needs. Working with gave me a way to reach, You.

McFinn Lovere



Everything **ALS**
Care to Cure



McFinn Lovere
ALS Advocate
mcfinn@everythingals.org

We Are More Than
We Seem.
Never Give Up Hope
If You Do, Email Me