



STARTER GUIDE

A REVOLUTIONARY APPROACH TO HEALTH



The Root Cause Protocol was founded by [Morley Robbins](#),
and is inspired by Mother Nature.

The RCP Starter Guide is a summary of the main [RCP Handbook](#).
The RCP is based on a series of “STOPS and STARTS”

WELCOME TO THE ROOT CAUSE PROTOCOL!

The Root Cause Protocol supports your body in finding its natural rhythm and balance. It is designed to restore your body's “original factory settings”, allowing your body to run smoothly, the way Mother Nature intended.

Through Morley's many years of research, he found that copper creates energy and longevity, and that iron participates in the aging process (think rust). While researching the dangers of excess iron, Morley also realized that no one had developed a program to build and protect ceruloplasmin (bioactive copper) in the body; this led Morley to investigate what this would look like, and eventually, the creation of The Root Cause Protocol.

Copper is currently being labeled as “toxic”; however, the body has multiple pathways to excrete copper. Iron does not excrete as easily, which means that it accumulates in our tissues as we age.



INTERESTING FACTS:

Iron has been added to foods since 1941, and copper sources have been reduced or wiped out.

Ceruloplasmin is a complex protein consisting of 6-8 Cu atoms per molecule.

The Root Cause Protocol is unique because of the systematic approach to getting the body running efficiently. Flip the system from '**Doctor knows best**' to '**the body knows best**'. When we understand properly how the body works, we can give it what it needs and work with it, instead of trying to tame it like a wild horse. Our goal is to empower you to be able to make educated decisions about your health.

Keep in mind that the healing journey is not a straight line, and the timeline for healing varies for everyone. There will be hills, valleys, and curves, but if you are moving forward, even slowly, it signals that you are moving in the right direction. The question: 'Will it solve every issue?' is often asked, **the right question** is, "How can I strengthen the host and allow the body the time to heal?"

**We've been misled and misfed.
It's time to regain our health freedom.**

STOP

Taking things that destroy Ceruloplasmin

(PHASE 0) STOPS

1. **STOP** Iron supplements, iron fortified foods or anything with “added iron”. Synthetic iron shuts down Copper metabolism.
2. **STOP** Vitamin D supplements or ANY foods with vitamin D added. It kills Retinol needed for Ceruloplasmin and causes renal Potassium wasting.
3. **STOP** Calcium supplements as they block Magnesium & Iron absorption.
4. **STOP** Zinc supplements since they disrupt Copper metabolism.
5. **STOP** Molybdenum supplements because they disrupt Copper metabolism since they are mined, ground and chemically treated.
6. **STOP** One-a-day multivitamins, pre-natal vitamins, etc., since they contain the above 5 STOPS.
7. **STOP** Synthetic B vitamins. B vitamins are important for Copper metabolism, but source them from food instead of a bottle.
8. **STOP** Synthetic forms of Vitamin C (ascorbate/ascorbic acid & citrate/citric acid) since they make Ceruloplasmin lose its Copper.
9. **STOP** High-fructose corn syrup (HFCS) & artificial sweeteners since they make Ceruloplasmin lose its Copper.
10. **STOP** Industrialized omega-6 oils (e.g. soybean oil, canola oil, etc.) as they are known to create disease.
11. **STOP** Using products with fluoride (e.g. in toothpaste, water, etc.) because it changes the bioavailability of Magnesium.
12. **STOP** Using colloidal silver as an antibiotic because it kills Copper!
13. **STOP** Eating low-fat, high-carb, processed, refined foods since good fats are needed for proper Copper absorption.
14. **LIMIT** Exposure to environmental toxins, including unchecked blue light exposure and EMFs from electronic devices (see [Handbook FAQs](#) for more details).

Each of the listed STOPS has been selected because of its adverse impact on bioactive copper. Eliminating these factors enables the body to restore, renew, and rebuild the level of active ceruloplasmin to harness oxygen so energy production can be optimized. You can work your way through the “STOPS” while also slowly implementing the “STARTS.” It is a process, not a race, and a gradual reduction may provide a less stressful option. Use your own judgment on timing, as it will be different for everyone. Once these lifestyle changes are made permanent, the STARTS will continue to support your copper metabolism and mineral balance.

START

Taking things that help create bioactive copper (Ceruloplasmin)

PHASE 1: Foundations “STARTS”

1. **START** Taking adrenal cocktails
2. **START** Taking mineral drops or applying transdermal magnesium
3. **START** Taking wholefood vitamin C (WFC) complex
4. **START** Taking magnesium
5. **START** Taking bioavailable copper (suggested forms to follow)

PHASE 2: Supporting Nutrients

- 6a. **START** Eating organic ancestral whole foods
- 6b. **START** Drinking mineralized filtered water
7. **START** Taking Mother Nature’s sources for B vitamins
8. **START** Taking wholefood vitamin E complex
9. **START** Taking boron
10. **START** Taking cod liver oil



PHASE 3: Advanced Nutrients

11. **START** Taking taurine
12. **START** Taking diatomaceous earth
13. **START** Taking iodine from food

PHASE X: Lifestyle Upgrades. Introduced when appropriate.

14. **START** Donating blood some people will need to do this early as the iron released needs to be offloaded
15. **START** Managing histamine levels/reactions
16. **START** Releasing emotional stress in many cases major healing will not occur until this is dealt with
17. **START** Strengthening the bioenergetic field
18. **START** Getting regular sunlight
19. **START** Doing joyful movement

RCP APPROVED SUPPLEMENTS

The RCP Product Directory: This is where you can shop for RCP-approved supplements. The products you will find here have been vetted by the RCP team to ensure purity, potency, and proper processing techniques.

Product/Food	APPROXIMATE ADULT DOSAGE	RCP START #
With Breakfast		
Trace Mineral Drops	½ - 1 tsp in water, sip on throughout the day	Start #2
Wholefood Vitamin C (WFC)	400mg	Start #3
Magnesium Malate	5mg x's your body weight, divided by 3 for morning, noon, night dose.	Start #4
Beef Liver	Weekly: fresh 4-6oz (110-170g) or Daily: Capsules (4,000-6,000mg)	Start #5
Bee Pollen	1/8th - 1 tsp	Start #7
Boron	1 - 3mg depending on product & symptoms	Start #9
Cod Liver Oil	900mcg / 3,000 IU (Dose by vendor in the RCP Handbook)	Start #10
Kelp (Iodine)	1 serving daily	Start #13
Mid-Morning (ideally away from food)		
Adrenal Cocktail	1 serving - see notes below.	Start #1
With Lunch		
Magnesium Malate	5mg x's your body weight, divided by 3 for morning, noon, night dose.	Start #4
Beef Liver	Weekly: fresh 4-6oz (110-170g) or Daily: Capsules (4,000-6,000mg)	Start #5
Recuperate	1-3 capsules daily.	Start #5
Wholefood Vitamin E Complex	1 serving daily.	Start #8
Mid-Afternoon (ideally away from food)		
Adrenal Cocktail	1 serving, see notes below.	Start #1
With Dinner		
Wholefood Vitamin C (WFC)	400mg	Start #3
Magnesium Glycinate	5mg x's your body weight, divided by 3 for morning, noon, night dose.	Start #4
Beef Liver	Weekly: fresh 4-6oz (110-170g) or Daily: Capsules (4,000-6,000mg)	Start #5
Taurine	500mg	Start #11
Right before bed, or first thing in the morning (away from food)		
Stabilized rice bran	1/4 tsp - 2 tsp daily	Start #7
Diatomaceous Earth	1/8th 1 tsp. Work up to 1 tsp slowly. Always mix in water.	Start #12

The above is the suggested supplementation to follow The Root Cause Protocol. As stated they are suggestions.

Our extensive [product directory](#) has the recommended products that have been vetted for quality.

Notes:

For **magnesium**, we recommend that you use your body weight in pounds x's 5mg to understand what your minimal magnesium intake will be. Once you know the total, divide it between your morning, noon and night routine. Don't forget you will also consume some magnesium in your food throughout the day, and you can also add to your magnesium intake using some transdermally.

Beef Liver will be broken up between 3 meals.

Adrenal Cocktail contains the following: 375mg Potassium, 460mg Sodium and 60mg of Wholefood Vitamin C. You decide which recipe to use. Basic recipe is 4oz of fresh squeezed orange juice, ¼ tsp sea salt, ¼ tsp cream of tartar.

See [the handbook](#) or [our website](#) for additional recipes.

HOW TO GET STARTED

- Begin by gradually stopping the list of items in PHASE 0 - **STOPS**. Just taking this step is likely to make a positive impact, and it's free!
- **Move at your own pace** through PHASES 1-3 of the **STARTS**. If your body is giving you signs that it is not ready for a supplement, pause and return to it later.
- Some will need one or more of the PHASE X strategies either before or alongside the STARTS to facilitate healing. Donating blood and dealing with stress are very important.
- The RCP is self-paced, with no set timeline. Take your time and listen to your body's response to help guide your progress. Even though the protocol starts the same for everyone, it becomes individualized as you listen to your body.

STARTS - Recommended products

Recommended products for each of the '**STARTS**' can be found via [the full handbook](#) or the website: therootcauseprotocol.com. We have vetted the products in [the directory](#) for quality, purity, and nutrient content to best serve your needs. During the process, we look for organic ingredients whenever possible, and a minimum of fillers and other artificial ingredients. Processing methods are also important. Vitamins are prone to nutrient degradation, as their molecules are sensitive to light and heat, so they require gentle processing to retain the wholefood nature of the vitamin. This applies especially to vitamin C, vitamin E, and cod liver oil. Companies that support the RCP with a full line of products are Jigsaw Health, Smidge, and FIQ Supplements.

PART II the details...

STARTS (PHASE 1): FOUNDATIONS **Start re-mineralizing the body slowly.**

1. **START** Taking adrenal cocktails (ACs)

The adrenal cocktails (ACs) provide electrolyte support which helps to nourish the adrenal glands. The nourished adrenals support the liver in making more ceruloplasmin (bioactive copper). Since much of the body's vitamin C is stored in and used by the adrenal glands, wholefood C also plays an important role in the ACs. They are first in the protocol as the adrenals need to be supported before too much magnesium is added. Some people find this helps their energy levels. It is best to start slowly with the 'original' recipe with 4 oz. fresh squeezed orange juice, cream of tartar (¼ tsp) and salt (¼ tsp). You can use alternative recipes [here](#). Some who are extra sensitive may wish to start with ¼ - ½ of the recipe to let the body adjust gradually. Ideally, these should be taken away from food. We suggest around 10am and 2pm. If your schedule makes it difficult to take them at these times, take them when you can. Most people start with one AC per day, and eventually work up to two after a few weeks or months, depending on how their body responds. Some will experiment and find that they respond well to more than two per day, and others find they don't need them every day.

Any “Adrenal Cocktail” recipe should give approximately: 375mg of Potassium, 460mg of Sodium and 60mg of Wholefood Vitamin C.

2. **START** Taking mineral drops or applying transdermal magnesium

This step is to start re-mineralizing the body. It will need to be done slowly by some people, but others can add these quite quickly. Water should provide the body with important minerals, but in modern society, that is not the case. If starting with mineral drops use just a few drops in water and listen to your body. Does it have any effect? Does it give you a headache, or more energy? It can be like waking a sleeping giant. Some might need to lower the dose for a while, but others will be able to increase quickly. If starting with transdermal magnesium, some might need to start with one spray of magnesium oil and slowly increase, while others can tolerate lots with no issue. (The full dose of magnesium begins at Step #4 **START**).

- **Magnesium chloride/magnesium flakes** - often used in magnesium “oil” or in lotions or creams designed to be used on the skin. Great to use in baths or foot soaks for long-term recovery.
- **Epsom Salts/magnesium sulfate** - often touted as a ‘detox’ magnesium. Suitable to support the body’s healing and recovery. Sulfate can help the liver complete metabolic tasks that are not working effectively. Great to use in baths or foot soaks.

Sometimes the STARTS 1 & 2 are done while introducing the STOPS, waiting for an appointment with an RCPC or while waiting for test results. People wonder why it is such a gentle start, but we are trying to slowly wake up pathways and make sure the body can get used to the minerals. Many people get huge benefits from just the ACs and mineral drops.

3. **START** Taking wholefood vitamin C (WFC) complex

The wholefood vitamin C (WFC) complex contains the tyrosinase enzyme at its core and two copper atoms inside. This is the complete, bioavailable form of vitamin C on which our body is designed to run. The copper and bioflavonoids work synergistically to provide the functions of the wholefood vitamin C complex, which offers antioxidant properties and plays a key role in iron management. Most people begin with no more than 400 mg per day; if you are sensitive to changes, you may wish to start at 100 mg or less per day. Wholefood C may be taken at any time of day, either with or without food. It is fine to combine your daily WFC intake with your adrenal cocktails.

4. **START** Taking magnesium

It can be difficult to restore magnesium in the body, especially when iron is stored in tissue. As the iron overload is dealt with and the bioavailable copper increases, magnesium will slowly start to rise. We recommend getting it from many sources including food, mineral drops, baths or foot soaks but often supplements need to be added as well. Magnesium Malate is recommended in the morning as it is energizing and Magnesium Glycinate in the evening as most people find it relaxing.

Some people however find Magnesium Glycinate stimulating and they should have it in the morning. Depending on your stress level, the minimum dose is 5 mg per pound of body weight (or 10 mg per kg). Start low and build up. The adrenal cocktail should be introduced before the magnesium is increased too much to help with the electrolytes and support the adrenals. If magnesium is making you tired, lower the amount you are taking and increase the adrenal cocktails for a while.

5. **START** Taking bioavailable copper



Bioavailable copper within our body is mainly provided via the master antioxidant protein, ceruloplasmin. It is essential for optimal cellular and metabolic function. To support our bodies to make energy, clear 'exhaust' and to carry out scores of enzymatic reactions every day, we need a steady supply of bioavailable copper. The goal of the RCP is to increase bioavailable copper. Morley's research has highlighted that food-only sources may not give enough copper to help us navigate modern life. The ceruloplasmin protein is notably sensitive to the stress of everyday life, but more

importantly, it faces significant environmental threats. 1.) Glyphosate – e.g. Roundup, 2.) High fructose - HFCS - e.g. high fructose corn syrup, and 3.) Fourth-generation antibiotics – e.g. CIPRO, are the three greatest threats to copper. The overall high level of processing of "modern food" into final products does not resemble their origins any longer. These agents remove copper from our soil, from our food and from our bodies.

Recuperate: The possibilities for obtaining copper (even when focusing on responsibly raised ancestral foods) is becoming increasingly difficult. Today's cattle farmers who are committed to grass-feeding are finding, much to their surprise, that their cattle's liver holds little to no copper. As a result of the lack of copper, the ongoing nutritional and health challenges we face today, Morley inspired a product to be developed that has a unique copper formulation to address the critical requirement for this mineral. This product is called 'Recuperate' - a food-based supplement with an additional source of copper provided in a bioavailable form from Formula FIQ.

Grass-fed Organic Beef Liver: Beyond Recuperate, beef liver is still recommended as an important source of B-vitamins, enzymes, and other nutrient cofactors. It is an excellent source of Retinol (preformed vitamin A). The emphasis on organically raised, grass-fed, pastured animals is due to the advantage of eating grasses from sun-drenched, copper-rich soils that are not depleted due to chemicals.

Additional/optional support - GHK-Cu via Copper IQ Serum or Copper IQ Cream:

Copper peptide (GHK-Cu) is a naturally occurring molecule that, like collagen, decreases with age. These topical products allow you to apply this copper peptide directly to areas that are in need of additional support. GHK-Cu promotes wound healing, nerve regeneration, blood vessel and capillary growth, and collagen synthesis. Thanks to its copper ion, it can pass through the tough outer layer of the skin with ease to access tissues in need of healing and repair.

PHASE 2: Supporting Nutrients

6a. **START** Eating organic ancestral whole foods

The goal with this start is to be more aware of what you eat. Instead of processed and packaged, aim for fresh, local, organic, seasonal, grass-fed, pasture-raised, wild-caught, etc. Where possible, buy your food at a local farmers market and/or shop only on the outside aisles of the supermarket. Be mindful that sugar intake is a magnet for iron. It is important to understand that processed food, by virtue of its preservatives and synthetic ingredients, has known properties of creating advanced glycation end products (AGEs). These byproducts of food processing are highly inflammatory and destabilize the digestive system. AGEs are a metabolic gateway to all forms of chronic disease. Additionally, AGEs are known to block the doorway that allows for copper uptake. This is rarely documented in dietary research circles. We advocate a nutrient-dense ancestral diet, with a mix of high fat, moderate protein, and low refined carbohydrates, encompassing all food groups. Fruits, vegetables, and whole grains in moderation can be considered. An ancestral diet can look different for everyone, based on the culture and traditions of your ancestral heritage. It may include foods such as bone broths, fermented foods, organ meats and nose-to-tail eating, whole grains, and raw dairy, and utilizes traditional preparation methods which are designed to increase digestibility and maximize nutrient value. It also utilizes unrefined sea/rock salts, which provide a full spectrum of minerals rather than processed, iodized table salt that is isolated sodium.

6b. **START** Drinking mineralized filtered water

In the past, when water came from streams, it naturally contained minerals, and the body developed to use water that was mineralized. In modern cities, water contains chemicals like chlorine that are damaging to our health. The RCP recommends filtering all water and adding mineral drops to all water consumed, including for cooking. Water without minerals is 'Hungry Water' and causes health issues.

**Remember, we suggest adding or adjusting only ONE item at a time to help you see more clearly how your body responds to the new addition. START LOW & GO SLOW.*

7. **START** Taking Mother Nature's sources for B vitamins

B vitamins are essential components in most major metabolic reactions. We recommend whole food sources for obtaining B vitamins. Synthetic B's do not perform the same as Mother Nature's rich B vitamin foods, and lack the enzymes and co-nutrients that help with assimilation. The most important of these is copper, which is required for B vitamin activation (For the best source of B12, beef liver in Start # 5). Our recommendations for B vitamin foods are bee pollen, stabilized rice bran and non-fortified nutritional yeast. Start with just ONE option and add the others one at a time. Ideally, you will eventually add in all three sources.

Bee pollen - provides B vitamins and a variety of other micronutrients, including bioavailable copper, in a form that is very biologically active and easy for the body to use. It is also a source of quercetin, a natural iron chelator, and exhibits antifungal,

antimicrobial, antiviral and anti-inflammatory activity. Start with a small amount and slowly build up to ½ - 1 tsp daily. If concerned about allergies, start with just one granule and slowly increase to let the body adjust gradually. Bee pollen can be energizing, so we suggest taking it in the early part of the day, either with or without food.

Stabilized Rice Bran (SRB) is the nutrient-dense outer husk of the rice grain, and a good source of magnesium, potassium and several B vitamins. SRB (as well as most nuts, seeds, legumes and grains) contains high levels of phytic acid, which can bind to minerals in the digestive tract and make them unavailable to the body. Phytic acid has been isolated into a supplement known as IP6, which has documented iron-binding abilities. While SRB does have some iron binding capacity, we are mainly interested here in its offering of B vitamins and other nutrients. Start with ¼ tsp and slowly increase over time to 1-2 tsp daily, taken either with food for the B vitamin benefit or away from food for both the B vitamins and some iron binding.

Unfortified Nutritional Yeast is a dried, deactivated form of *Saccharomyces cerevisiae* that naturally contains many B-complex nutrients. We want to avoid those products that have been fortified with synthetic B vitamins. Start with ¼ tsp and work up slowly to 1 tablespoon daily; some choose to take more at their discretion. It can be sprinkled on your food or added to sauces and dressings.

B-vitamins need copper to work properly, and copper needs B-vitamins

8. START Taking wholefood vitamin E complex

Vitamin E is a fat-soluble vitamin and potent antioxidant that helps prevent damage to cells and tissues caused by free radicals. The wholefood vitamin E complex includes 4 tocopherols, 4 tocotrienols and selenium at its core. Wholefood molecules are easily degraded by processing, which is why we prefer to get this from foods. Wheat germ oil and red palm oil are considered top sources of wholefood E.

9. START Taking boron

Boron is an important trace mineral that plays a key role in enhancing liver function. It helps to keep copper and iron in proper balance, and is a co-factor for magnesium absorption. Boron also provides antioxidant and antifungal benefits, and supports bone and joint health along with hormone balance. It is particularly helpful for anyone with arthritis and can be added earlier if that is an issue. Start slowly. Be aware that oral supplementation with boron can elicit a detox reaction for some.

Dose: 1-3 mg per day with capsules. If using the recipe with 30 mule borax your dose will vary. Boron can be taken at any time of day with food.

Anyone with arthritis type symptoms could introduce boron earlier, even in phase one.

10. **START** Taking cod liver oil

Cod liver oil (CLO) is a valuable source of naturally occurring vitamin A (as Retinol), which plays an essential role in activating bioavailable copper to manage iron in the body. **Retinol is needed to load copper into ceruloplasmin and is a critical nutrient that is often deficient in the modern diet.** People who have been eating a low-fat diet and vegans are likely to benefit greatly when Retinol is introduced. Retinol is important for thyroid function and for women with fertility issues. It is important to source high quality CLO, and it would be best to wait until you can purchase a quality product, versus taking a low-quality product. Rositas, Jigsaw Health and FIQ Supplements are the only three currently recommended. Concentrate on getting Retinol from animal-sourced foods in the ancestral diet, like liver, butter or heavy cream from grass-fed cows and eggs from pastured chickens. Start with a small amount and build up over time to the recommended adult dose of 900mcg / 3,000 IU of vitamin A per day. *Retinol is important in moving iron out of tissue into the blood.*

STARTS (PHASE 3): ADVANCED NUTRIENTS

11. **START** Taking taurine

Taurine is a sulfur amino acid that supports liver copper metabolism. It is essential for the synthesis of bile/bile salts, which aid in the digestion of fatty acids and supports Retinol absorption. Retinol, in turn, optimizes ceruloplasmin. Taurine also calms the stress response by facilitating the production of the neurotransmitter GABA. In ideal situations, we make at least some of our own taurine, but a body lacking key minerals may not produce enough, and children require it as they grow. **Caution:** *Taurine supplements are not generally recommended for those who are sulfur-sensitive.*

12. **START** Taking diatomaceous earth

Diatomaceous earth (DE) is a natural product mined from the earth, consisting of the fossilized remains of tiny, aquatic organisms called diatoms, and is composed of 80-90% amorphous silica. Benefits of DE include serving as a parasite desiccant and digestive tract cleanser, stimulating collagen to provide support for bone, joint and connective tissue, helping to bond to metals such as aluminum, and serving as a catalyst for the activity of copper. Each of these benefits lowers oxidative stress and reduces the demands on ceruloplasmin, ultimately allowing copper to improve iron transport and recycling.

Diatomaceous earth is for those who are well-established on the RCP. Since it can bind to minerals, the user should have a solid mineral foundation before using. There may be mild detoxification symptoms when starting. Start with a small amount (e.g. 1/8 tsp), taken away from food (at least 1 hour before or 2 hours after) with plenty of fluids, and increase slowly. Dose: Over time, build up to 1 tsp, or more as tolerated. Take daily in the morning or at night, **away from food, medications and other supplements.*

13. **START** Taking iodine from food

Iodine is a trace mineral that supports thyroid function. A liver that is loaded with excess unbound iron cannot make the conversion from T4 to T3 well. The conversion of iodide to

iodine is also copper dependent. Iodine serves a beneficial role in a body lacking bioactive copper. The reason iodine works is because of its ability to mimic ceruloplasmin's function of converting ferrous (reactive) iron to ferric iron so it can be bound to proteins. However, this is merely a coping strategy for a body that is low in functional copper. It is preferred that iodine comes from foods only, as supplementation can force detox, which many lack the energy to handle. Kelp, seaweed, scallops, cod, eggs and cranberries are some food sources for iodine. Only a small amount is needed daily.

PHASE X: Lifestyle Upgrades. (These can be introduced as appropriate)

14. START Donating blood

When magnesium and bioactive copper are lacking, iron is not properly recycled into new red blood cells to circulate oxygen throughout the body, resulting in fatigue. Instead, the excess iron gets stored in tissues. This dysregulation causes systemic oxidative stress, inflammation, and symptoms of dis-ease. Implementing regular blood donations is the most efficient way to lower the burden of excess, unbound iron and “jumpstart” the body's “iron recycling system”.

For men and post-menopausal women, every 3 months is recommended; for women still cycling, twice a year. **You only need to donate whole blood**, not platelets, not plasma, and not power-red.

Some may feel ready to start donating immediately, even before beginning Phase 1 or soon after the adrenal cocktails and magnesium are started. Others will implement most or all of Phases 1 - 3 first.

***Please consider your situation before choosing to donate.** If you are feeling ill or experiencing significant adrenal fatigue, it may be best to wait until the body feels stronger before donating. If you are uncertain and are able, please discuss this with an RCP Consultant or a trusted health advisor. For those who are unable to access or qualify for blood donations, you may ask your doctor to prescribe a *therapeutic phlebotomy*. Alternatively, you can look for a private mobile phlebotomist in your area. Donating blood is an important part of the RCP, but we understand that not everyone can participate in this “start.” Do your best where possible.

15. START Managing histamine levels/reactions

While histamine activation is a normal part of the body's natural immune response, overactive histamine activity is not uncommon in a body under chronic stress. This can lead to the creation of chronic reactions to food and/or environmental triggers. Excess unbound iron is a major source of ongoing stress that both activates the histamine response and depletes magnesium and copper. One of the functions of copper is to create histaminase enzymes (such as DAO), which break down histamines.

When there is excess iron and low functional copper, there may also be a lack of enzymes to regulate histamines. Moderating the histamine response occurs naturally

when excess unbound iron is reduced and magnesium and copper are raised to healthy levels. Use digestive support with food, for example - digestive bitters or enzymes, betaine HCL. Increase food sources of bioavailable copper, including whole food C, bee pollen and beef liver. Beef kidney is a good source of DAO. Fresh organic grass-fed beef kidney is preferred; however, desiccated beef kidney may be used as an alternative. Take a magnesium/bicarb/borax bath or foot soak. Reduce stress/anxiety. Use techniques such as (Emotional Freedom Technique (EFT) to reduce the body's emergency response system so your copper can be used to make natural antihistamines.

16. START Releasing emotional stress

In many cases healing will not fully occur until the emotional component is worked on. The mind, body and emotions are so closely intertwined that stress in one dimension can impact the entire organism. A physical manifestation may be an emotional manifestation that is ready to be released. The body can be in a heightened emotional state without reaching our conscious mind, yet it can significantly impact our metabolic health. (Think of open apps in the subconscious mind) Unresolved emotions trigger the creation of fears, which create a relentless *Magnesium Burn Rate* (MBR), where the body uses a high amount of magnesium to manage stress and feelings of anxiety. This undercurrent of emotional stress can also keep the body in a state of fight-or-flight, which blocks the body's natural healing channels. The fight-or-flight state causes the body to divert resources to mitigate stress, which increases the burden on our minerals and impedes the body's ability to regain nutritional balance. Releasing emotional stress allows the body to engage in "rest and recovery" mode so healing can begin. While meditation, breathing exercises, gratitude practices and the like can be useful for getting the body out of fight-flight in general, other modalities allow us to dig deeper using focused techniques. Emotional Freedom Technique (EFT), Emotion Code, Psych-K, Integrated Processing Technique (IPT) or Eye Movement Desensitization and Reprocessing (EMDR) are just a few of the modalities available.

17. START Strengthening the bioenergetic field

Pathogenic infection can play a significant role in chronic health conditions. Not only do pathogens live, replicate, and thrive in low-pH conditions created by excess iron, but they also create a drain on bioactive copper, which reduces the immune system's ability to keep them in check. The RCP is about strengthening the host rather than attacking the guest. Biomagnetism is useful while the protocol restores balance for assisting in the removal of unwanted guests.

18. START Getting regular sunlight

We are "light beings" and sunlight has a multitude of benefits. Sunlight catalyzes the breakdown of vitamin A into its many retinoids, which include hormones and nuclear receptors. Sunlight stimulates the synthesis of natural vitamin D (aka "Hormone D"). Sunlight resets the circadian rhythm for better sleep. The best times to take advantage of the full spectrum rays on the skin and eyes are early morning and early evening. Ideally without the interference of glasses, sunglasses, contacts or windows, which alter the spectrum that reaches the eyes.

19. **START** Doing joyful movement

Joyful movement is an approach to exercise that emphasizes pleasure. This does not need to be formal exercise and can be simple, spontaneous, and ever-changing. Some examples include: Walking, dancing, gardening, gentle stretching, Yoga, and Tai Chi. Exercise encourages the flow of lymph to help remove cellular waste from the body, and increases the heart rate, which stimulates blood flow to the brain and exposes the brain to more oxygen and nutrients. Being active gives us more energy during the day and helps us sleep better at night.

PLEASE VISIT [THEROOTCAUSEPROTOCOL.COM](https://therootcauseprotocol.com) FOR MORE INFORMATION ON THE FOLLOWING:

Frequently Asked Questions (FAQ's): This is the best source for all your burning questions like troubleshooting, recipes, articles, lab information, and handbook questions.

The RCP Product Directory: This is where you can shop for RCP-approved supplements. The products you will find here have been vetted by the RCP team to ensure purity, potency, and proper processing techniques.

The RCP Premium Community: An online forum offering a stable, secure, and searchable platform that is easy to navigate (away from social media). This is a place for members to share tips and tricks about the RCP, discuss health concerns and get feedback from Morley and the community of RCP Consultants. There are regular live Zoom Q&A sessions to ask questions and discuss them in a live setting, or watch the recordings at your convenience. Membership also grants you access to YEARS worth of recorded Q&A sessions and RCP Webinars. These recorded Webinars cover the RCP STOPS and STARTS in detail.

RCP 101 Videos: A step-by-step guide through the “STOPS” and “STARTS,” with Morley Robbins and Dr. Ben Edwards. Yours to access at any time.

The Masterclass Series 2020: Five recorded sessions with presentations from Morley Robbins and Q&As. The first class of this series is offered for free.

The RCP Institute: The ultimate deep dive into the RCP. This is a 16-week course that includes two live meetings per week, one with Morley Robbins and another in a tutor session with a small group. After completion of the course, you will be a certified RCP Consultant, and you will move into the alumni group for an additional six months. You can use your training to help yourself/family or to create a health business.

The RCP Handbook: If you want more in-depth coverage of the RCP STOPS and STARTS, make sure to download a copy. It's free!

Medical Disclaimer:

You understand that such information is not intended nor otherwise implied to be medical advice or a substitute for medical advice, diagnosis, or treatment from a licensed physician.

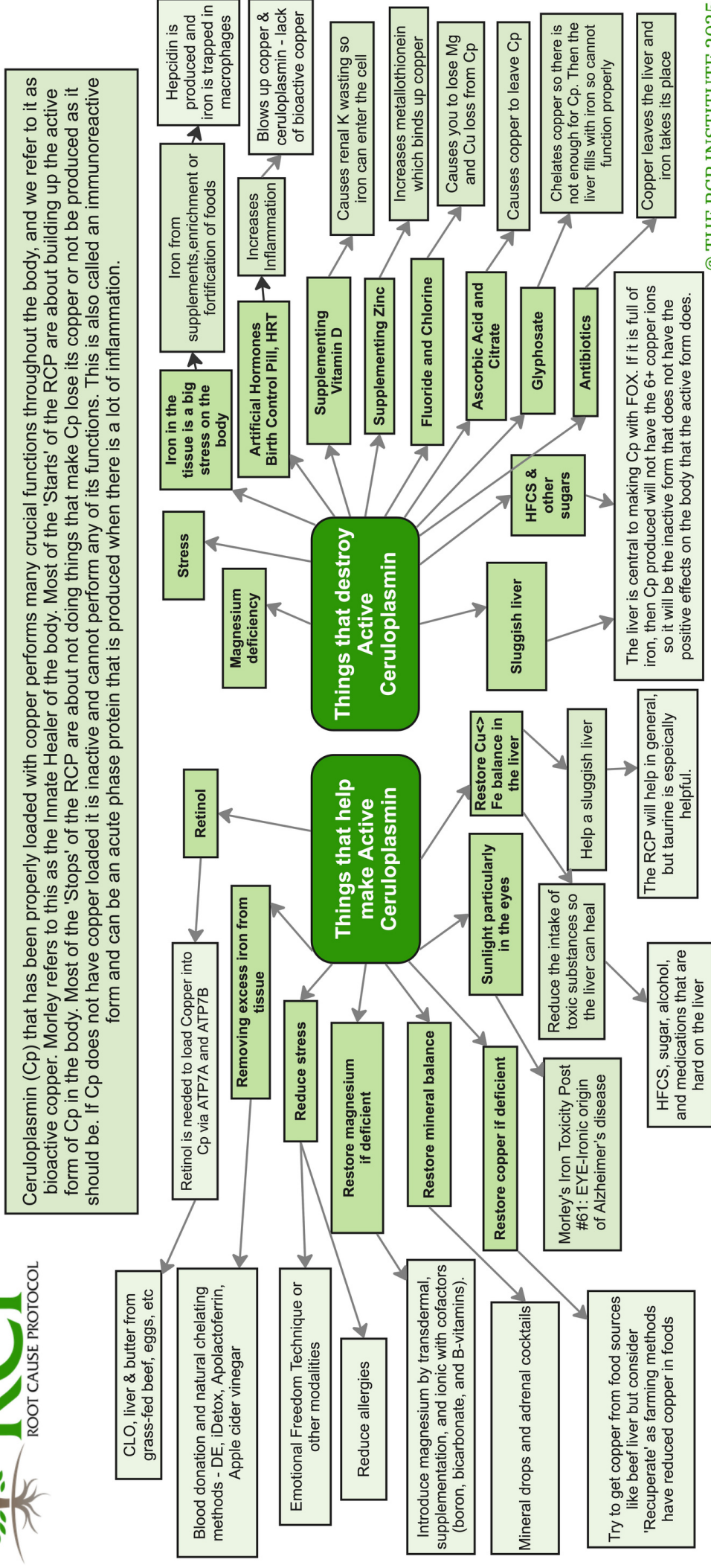
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We're so glad you're here! Enjoy this bonus concept map to print out - it's one of many visual tools we share with students inside the Root Cause Institute to make the protocol easier to understand and apply.



The Purpose of the RCP is to Restore Functional Ceruloplasmin



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