

TMT PROTOCOL - RAMADAN VERSION

1

~6 PM – IFTAR

Breakfast with:

- Water + sea salt
- Small fat starter (bone broth or olive oil)

 **DO NOT break fast with dates or carbohydrates.**

Do the prayers or go for a walk, then (~10 minutes)

~ 6:10 PM – MAIN IFTAR MEAL

With food take:

Digestive Enzymes, Ivermectin, Fenbendazole, Mebendazole, Curcumin, Berberine, Quercetin, Zinc Picolinat, Milk Thistle, Turkey Tail Mushroom, Apigenin, Selenomethionine, Omega-3, Full Spectrum CBD + THC, Astaxanthin, Black Seed Oil, TUDCA, Vitamin D. (Exact supplements and drugs will depend on your protocol)

- ✓ Large satisfying meal
- ✓ Strict ketogenic meal
- ✓ No fruit and starches
- ✓ No glucose spike

~9 PM (2–3 Hours After Iftar), EMPTY STOMACH BLOCK

Modified Citrus Pectin, Lactoferrin, Nattokinase

~10 PM – BEFORE BED

Magnesium Glycinate, Full Spectrum CBD + THC

~5 AM – SUHOOR

Small/Medium ketogenic meal.

With food take:

Digestive Enzymes, Ivermectin, Fenbendazole, Mebendazole, Berberine, Quercetin, Turkey Tail Mushroom, Selenomethionine, Astaxanthin

Finish intake before Fajr.

~6:00 AM → 6 PM

- ✓ Full dry fast
- ✓ No supplements
- ✓ No calories

Version 2:

~6 PM – IFTAR

Breakfast with:

- Water + sea salt
- Small fat starter (bone broth or olive oil)

⚠ DO NOT break fast with dates or carbohydrates.

Do the prayers or go for a walk, then (~10 minutes)

~ 6:10 PM – MAIN IFTAR MEAL

With food take:

Digestive Enzymes, Ivermectin, Fenbendazole, Mebendazole, Curcumin, Berberine, Quercetin, Zinc Picolinat, Milk Thistle, Turkey Tail Mushroom, Apigenin, Selenomethionine, Omega-3, Full Spectrum CBD + THC, Astaxanthin, Black Seed Oil, TUDCA, Vitamin D. (Exact supplements and drugs will depend on your protocol)

- ✓ **Large satisfying meal**
- ✓ **Strict ketogenic meal**

- ✓ No fruit and starches
- ✓ No glucose spike

~9 PM SECOND MEAL (Optional)

Small ketogenic meal. (Keep it lighter than Iftar.) + take some of the supplements and drugs now rather than suhoor if preferred

~11 PM – BEFORE BED

Modified Citrus Pectin, Lactoferrin, Nattokinase (Wait 30-60 minutes)
Then take: Magnesium Glycinate, Full Spectrum CBD + THC

~5 AM – SUHOOR

Small/Medium ketogenic meal.

With food take:

Digestive Enzymes, Ivermectin, Fenbendazole, Mebendazole, Berberine, Quercetin, Turkey Tail Mushroom, Selenomethionine, Astaxanthin. (Exact supplements and drugs will depend on your protocol)

Finish intake before Fajr.

~6:00 AM → 6 PM

- ✓ Full dry fast
- ✓ No supplements
- ✓ No calories