Scan Protection Protocol

Protect your body before, during, and after CT, PET, or MRI scans

🎯 Goal

Reduce oxidative stress, radiation damage, contrast toxicity, and inflammation. Support detox pathways (especially liver and kidneys) for faster recovery and long-term protection.

✅ 1. Before the Scan (2–12 Hours Prior)

⏳ 6–12 Hours Before Scan

- **Fast** (water only) – especially important for **PET scans**
    - Lowers insulin + glucose → improves scan clarity
    - Enhances **autophagy** and **detox**

💧 2–3 Hours Before

- **Hydrate with 1–2+ liters** of clean, filtered water
- Optional: Add electrolytes or a pinch of Himalayan salt

💊 2–4 Hours Before (Antioxidants & Protectants)

Supplement	Dose	Notes
Vitamin C (Liposomal or Buffered)	1000–2000 mg	Powerful antioxidant
Curcumin (with piperine)	1000 mg	Anti-inflammatory, protects DNA
NAC (N-Acetylcysteine)	600–1200 mg	Boosts glutathione, protects lungs & liver

🔄 2. During the Scan

- **Stay Calm** → Deep breathing helps activate detox & calm inflammation
- **Optional**: Use grounding techniques (barefoot walking before/after), calming music or meditation apps

✅ 3. After the Scan (Next 12–24 Hours)

💦 Detoxify & Eliminate Contrast

Action	Details
Hydrate Again	2+ liters of water + lemon juice or electrolytes
Sweat	Sauna, light exercise, hot shower or Epsom salt bath
Continue Fasting or Eat Light	For another 6–12 hours if tolerated – prolongs detox

💊 Post-Scan Supplements (Split Doses AM + PM)

Supplement	Dose	Notes
Vitamin C	1000–2000 mg	Helps recycle glutathione & detox
Milk Thistle	300–600 mg	Liver support, clears contrast
Omega-3 (EPA/DHA)	1000–2000 mg	Anti-inflammatory, DNA repair
Magnesium Glycinate	200–400 mg	Reduces stress & supports detox pathways

- Optional: Activated charcoal or zeolite (away from food & meds)