

THE SHEALY PROTOCOLS  
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The Shealy Protocols are a system of treatment methodologies based on 35 years of clinical experience at the world's most successful and effective pain and stress management clinic, the Shealy Institute and Wellness Center. Over 30,000 patients have been treated for a wide variety of problems that had failed conventional medical and surgical treatment. Eighty-five percent of these patients report pain reduction from 50 to 100%, with the greatest success in depression, migraine, and fibromyalgia. Depression is markedly improved in 85% of patients. Optimal health requires optimal levels of DHEA, Calcitonin and minimal free radicals.

**Frequency of Medical Problems in the U.S.A.:**

Depression: Minimum of 120 million, probably up to 240 million

Migraine: 30+ million

Anxiety: 100+ million

Fibromyalgia: 4 to 6 million

Ruptured disc: About 500,000

Chronic back pain: 100+ million

Low or deficient DHEA: 200+ million

Osteoporosis: 100+ million

Diabetes and metabolic syndrome: 76+ million

Excess free radicals: 200+ million

Patients should have had a comprehensive evaluation by an M.D., D.O., or Nurse Practitioner and have no known medical contraindications. Some problems do require a pharmaceutical or surgical approach and those should be ruled out earlier. Examples of conditions requiring essential medical or surgical approaches would be infections, tumors, congestive heart failure, severe diabetes, severe hypertension, fractures, most acute illnesses and psychoses.

Two of the electronic devices used (Liss CES and SheLi TENS) are required by FDA regulations to be used by or under a prescription by a licensed physicians and are used in the stimulation of five specific Rings, which have been successfully proven to be useful in raising DHEA, Aldosterone, Neurotensin, and Calcitonin, and in reducing Free Radicals. Please see the book LIFE BEYOND 100: SECRETS OF THE FOUNTAIN OF YOUTH for details.

In the protocols listed below the patient must be *willing to do the steps listed*:

- Depression and Fibromyalgia
- Anxiety
- Migraine
- Back Pain
- DHEA Rejuvenation / Longevity
- Osteoporosis
- Rheumatoid Arthritis
- Diabetes / Neuropathy
- Addiction
- Reduction of Free Radicals

### ***The Shealy Protocol for Treating Depression and Fibromyalgia***

1. Read and do the *90 Days to Stress Free Living Program*.
2. Take a good multivitamin and mineral supplement such as Dr. Shealy's Essentials.
3. Use magnesium lotion 2 teaspoons twice a day on the skin.
4. Use the Liss stimulator, Shealy Series, transcranially for 40 to 60 minutes every morning, completing use with the stimulator not later than noon, for a minimum of two weeks and as needed thereafter. Many people may use it one week, a month or one or two days a week after the first month. Some need it quite long-term.
5. Use the Shealy RelaxMate one hour per day. This can be done at bedtime.
6. Use lithium orotate, 20 to 45 mg daily.

When a patient is on an antidepressant drug, the above protocol may be used but the weaning of the drug should be done by a physician or nurse practitioner. In general, I would have the patient follow the above protocol for one month. During the second month, cut the antidepressant drug in half while continuing with the full protocol. In the third month, cut the drug dosage another one half and continue the above protocol.

During the fourth month, discontinue the use of the antidepressant drug.

If anything else is needed, try Azenda (SAM-e), 200 to 400 mg daily. Or add Tryptophan, up to 4 grams daily.

### ***The Shealy Protocol for Treating Anxiety***

1. Read and do the *90 Days to Stress Free Living Program*.
2. Take a good multivitamin and mineral supplement such as Dr. Shealy's Essentials.
3. Use magnesium lotion 2 teaspoons twice a day on the skin.
4. Use the Liss stimulator, Shealy Series, transcranially for 40 to 60 minutes every morning, completing use with the stimulator not later than noon, for a minimum of one week and as needed thereafter. Many people may use it one week, a month or one or two days a week after the first month.
5. Use the Shealy RelaxMate one hour per day. This can be done at bedtime.
6. Use lithium orotate, 20 to 45 mg daily.
7. Add Taurine, 500 mg up to 6 per day.

### ***The Shealy Protocol for Treating Migraine***

1. Read and do the *90 Days to Stress Free Living Program*.
2. Avoid for one month all corn, wheat, citrus, milk products, eggs, peanuts and chocolate
3. Either use daily the SheLi TENS on the Ring of Fire or use the Liss CES, Shealy Series, on center forehead to both HOKU points (between thumb and index fingers).
4. Magnesium lotion, 2 teaspoons on skin twice daily.
5. Shealy RelaxMate an hour a day, especially at bedtime.
6. Temperature biofeedback training during this time.
7. If not much better in one month, computerized IDD therapy.

***The Shealy protocol for Back Pain***

1. Be sure there is no sacral shear---only some D.O's know this.
2. Good OMT is the first line of treatment.
3. SheLi TENS on either side of pain, 2 hours daily.
4. Magnesium lotion 2 teaspoons on skin twice daily.
5. RelaxMate one hour daily.
6. Massage and Myofascial work.
7. If not much better after a month, IDD therapy, especially for ruptured disc.

***The Shealy Protocol for Rejuvenation and Optimal Longevity is also  
The Shealy Protocol for DHEA Rejuvenation***

1. Read and do the *90 Days to Stress Free Living Program*.
2. Take the Youth Formula, 4 daily.
3. Natural progesterone cream, ¼ tsp on skin twice daily. If still menstruating, use only from 10<sup>th</sup> to 28<sup>th</sup> day of cycle.
4. Magnesium lotion, 2 teaspoons on skin twice daily.
5. SheLi TENS on Ring of Fire, daily.

***The Shealy Protocol for Osteoporosis***

1. Calcium citrate, 1200 to 1500 mg.
2. Boron 3 mg.
3. Magnesium lotion, 2 tsp on skin twice daily.
4. Vitamin D3, 1000 units daily.
5. Natural Progesterone cream, ¼ tsp on skin twice daily.
6. If temperature orally is consistently below 98.6 degrees, Iodorall tab daily.
7. SheLi TENS on Ring of Earth.
8. Progressive exercise.

***The Shealy Protocol for Treating Rheumatoid Arthritis***

1. SheLi TENS on Ring of Fire.
2. Magnesium lotion, 2 tsp on skin twice daily.
3. Read and do the *90 Days to Stress Free Living Program*.
4. If not much improved in one month, do the Seuterman homeopathic program. Contact me for this protocol.

***The Shealy Protocol for Treating Diabetes and Neuropathy***

1. Read and do the *90 Days to Stress Free Living Program*.
2. Tri-chromium, 1000 mcg daily.
3. Vanadyl sulfate, 7.5 mg daily.
4. Gymnema sylvestre, 350 mg each meal.
5. Gugulipid, 500 mg 3 times a day.
6. Common sense diet and EXERCISE!
7. For NEUROPATHY add SheLi TENS on Ring of Fire.

***The Shealy Protocol for Addiction***

1. Read and do the *90 Days to Stress Free Living Program*.
2. Take a good multivitamin and mineral supplement such as Dr. Shealy's Essentials.
3. Magnesium lotion, 2 tsp on skin twice daily.
4. Lithium orotate, 45 mg.
5. SheLi TENS stimulation of the Ring of Earth plus addiction points (lateral tubercle of distal femurs).

***The Shealy Protocol for Free Radical Reduction***

1. 5 or more servings of fruits/vegetables daily.
2. Measure your urinary free radicals. Two or 12 test kits available at 888-242- 6105.
3. Try adding Mistica @ two tablespoons twice daily for 3 weeks and retest free radicals.
4. If not below 2+ in 3 weeks, add SheLi TENS stimulation of the Ring of Crystal for 5 Days and then 3 times per week.

**Where to receive these protocols in Springfield, Missouri:**

- Julie Penick, Ph.D. FNP  
New Pathways Health and Wellness Center  
3259 E. Sunshine, Suite L  
831-6283
- Faith Nelson, Ph.D., R.N.  
Focus on Health  
1722 S. Glenstone Ave.  
Suite W-108  
417-995-7010
- The Shealy Wellness Center  
Available only for one or two week intensive work. See more info at  
<http://www.normshealy.com>