



EQUILIB™ RESEARCH

# *Equilib Nutrient Protocol*

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**Free natural nutrient program for**  
***Over Active Bladder***  
**18 case histories and counting**

David Gilbert-Research and Implementation Team  
Equilib Protocol  
Evince Intl.  
800-361-1370, 613-747-5458  
david@david-gilbert.com  
Office hrs: 9:00 AM -6:00 PM EST.

**Over active bladder** including night time urination, severe enough to have a significant impact on quality of life is estimated to affect 8-15% of the population depending on age and sex and occurs in both children and adults.

Many adults, awakening 3-10 times per night with this condition are at increased health risk. Recent studies have shown a link between frequent night time urination (nocturia) and shortened lifespan.

Aside from the psycho-social aspects of Over Active Bladder, it frequently involves a significant loss of personal and work place productivity. Both from time lost and from daytime sleepiness where nocturia occurs.

We invite you to examine the following fascinating case histories and contact the undersigned to participate in this free program.

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### Participant Periodic Health Data Report for: **Nicole - 433G979**

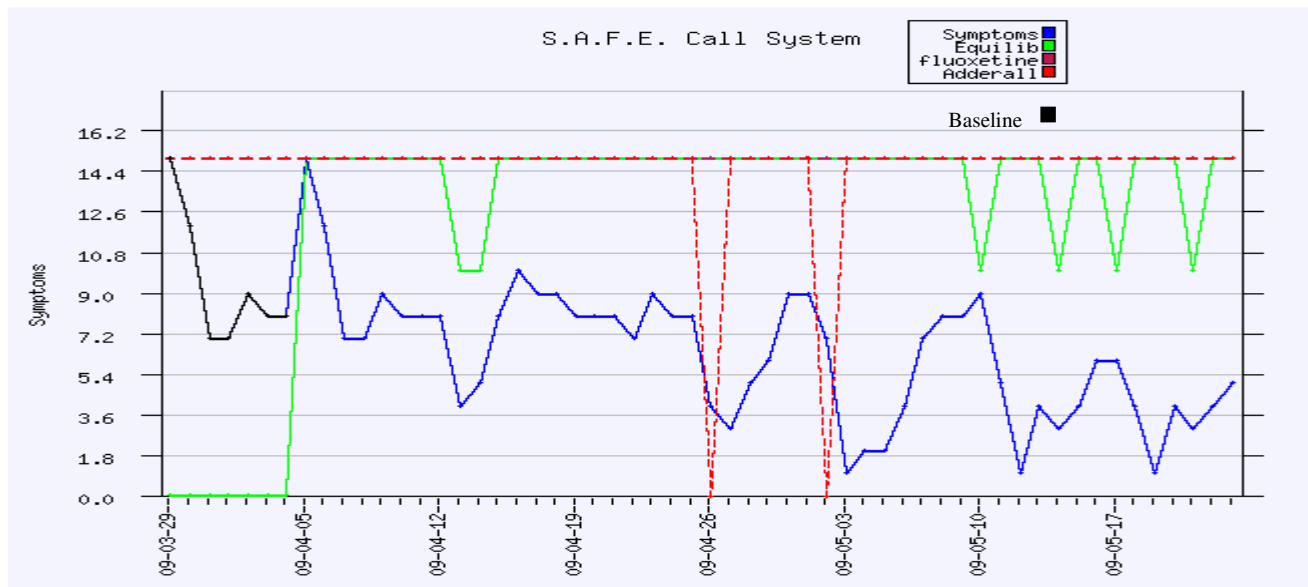
Jan 7, 2009 DG Permission granted to send info to listed, Jan 7, 2009 @ 1:18 PM EST. Co-occurring conditions; Muscle cramps (4/mo). Chronic Post nasal drip, clumsy, gums bleed when brushed, IBS, loss of physical stamina, middle of the night waking w/difficulty falling back to sleep, headaches, overactive bladder, and severe carb cravings. Has been using Mediconsult MRS2000 equipment for a year prior to start.

Feb 17, 2009 DG Pre existing IBS, Chronic post nasal drip is very much improved, improving over active bladder, some improvement in physical stamina, headaches less frequent and less severe.

Mar 24, 2009 DG Now in remission: Muscle cramps, bleeding gums, headaches. Physical stamina, overactive bladder and IBS continue to improve.

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### Participant Periodic Health Data Report for: **Michelle - 555A610** Diagnosis - Clinical Depression



	23	24	25	26	27	28	29	30	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
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- Mar 04, 2009 DG Permission granted to send info to listed, Mar 4, 2009 @ 1:04 PM EST. Clumsy, difficulty falling asleep (up to 2 hrs), loss of physical stamina, middle of the night waking, chronic muscle cramps in legs (every night), over active bladder (+1-2/night), severe carb cravings, poor fine motor control, very poor short term memory and brain fog, was diagnosed with Restless Leg Syndrome. Diagnosed also with Adrenal Myo-Neuropathy with poor balance, spastic legs, poor muscle strength in legs and legs tend to buckle under her.
- Apr 09, 2009 DG Now in remission; muscle cramps and severe difficulty falling asleep. Restless Leg Syndrome, spastic legs and middle of the night waking much improved. Clumsiness, over active bladder, carb cravings and fine motor control significantly improved.
- May 01, 2009 DG Now in remission: Clumsiness (unless over tired), difficulty falling asleep, physical stamina problems, muscle cramps, over active bladder and carb cravings. Improving middle of the night waking, short term memory and brain fog. Now taking much less or none of her muscle relaxants.
- Apr 08, 2009 DG All previous conditions in remission remain so. Restless Leg Syndrome is also now in remission. Spastic legs from Adrenal Myo-Neuropathy are improving.

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### Participant Periodic Health Data Report for: **Nicholas - 581B831**

- Jan 06, 2006 DG Permission granted by Mom to send info to listed Dr's Jan 6, 2006 6:10 PM EST. Co-morbidities: severe sensitivity to audio stimuli, occasional constipation, difficulty falling asleep, poor short term memory/brain fog, urgent bladder (sudden urge when full) growing pains in legs.
- Mar 24, 2006 DG Growing pains, poor short term memory/brain fog, insomnia and constipation are now in remission and urgent bladder is less severe.

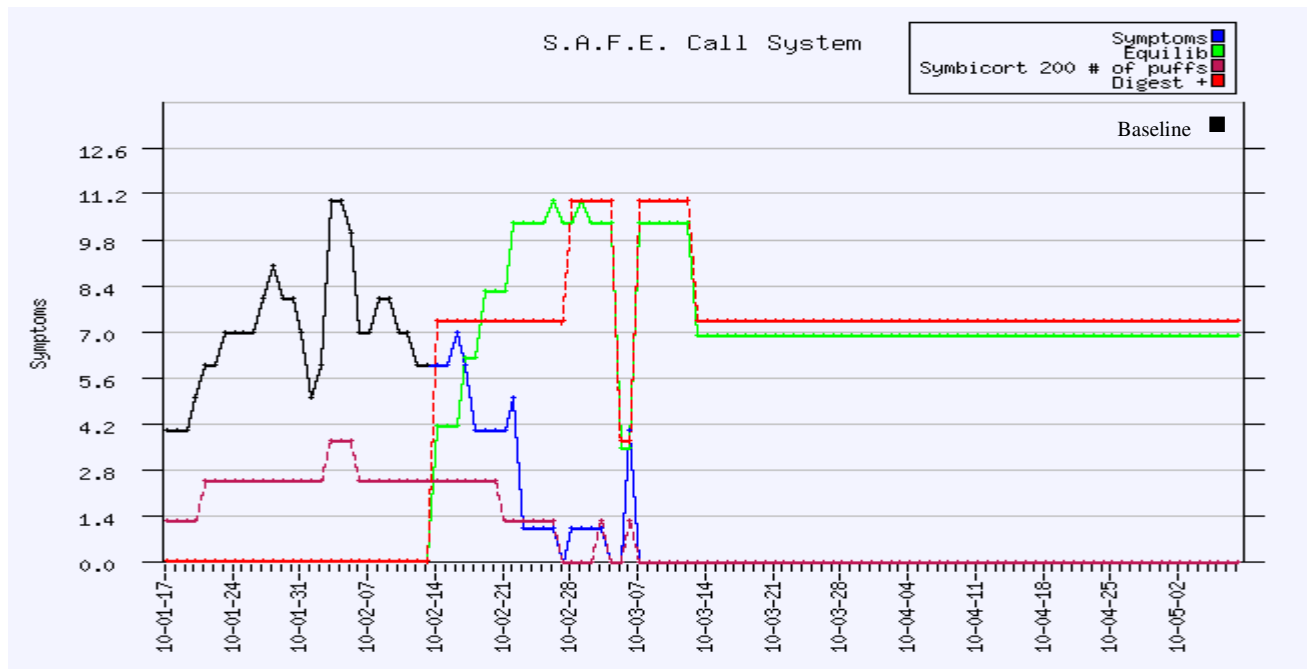
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### Participant Periodic Health Data Report for: **Michael - 690V585**

- Jan 15, 2010 DG Permission granted to send info to listed. Jan 14, 2010 @ 7:41 PM EST. Additional pre existing conditions: Severe middle of the night waking, over active bladder. Has been having episodic withdrawal symptoms from Paxil and Lexapro. Particularly if eating sugar in any quantity.
- Mar 19, 2010 DG Pre existing conditions now in remission: Middle of the night waking and over active bladder. Becoming less hypersensitive to sugar.

## Participant Periodic Health Data Report for: **Roberta - 765A684**

Diagnosis – Asthma



date	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	01	02	03	04	05	06	07	08
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- Jan 21, 2010 DG    Permission granted to send info to listed, Jan 21, 2010 @ 4:10 PM EST. Entering funded asthma and I/C pilots. Additional pre existing conditions: Asthma, migraines, hypersensitive to odors/chemicals and temperature changes, constipation, diarrhea, carb cravings, frequent abdominal pain NOS, bloating, chronic back pain in lower back, loss of physical stamina, over active bladder, PMS-severe emotional, iron deficient anemia.
  
- Mar 2, 2010 DG    Now in remission: Constipation, diarrhea, carb cravings, abdominal pain NOS, physical stamina, over active bladder and PMS (no symptoms premenstrually this time). Improved bloating and back pain. Only one migraine last week-triggered by a major chemical exposure.
  
- Mar 17, 2010 DG    Pre existing conditions now in remission: I/C, migraines, environmental hypersensitivities, diarrhea, constipation, carb cravings, abdominal pain NOS, bloating, chronic lower back pain, over active bladder and PMS. Participant says she's amazed by how well she feels.
  
- Apr 22, 2010 DG    All pre existing symptoms remain in remission despite having reduced Equilib dosing by 60%.

## Participant Periodic Health Data Report for: Claire - 199H438

Apr 08, 2010 DG Permission granted to send info to listed, April 8, 2010 @ 11:52 AM EST. Entering funded I/C and Restless Leg Syndrome programs. Additional pre existing conditions: Over active bladder with the I/C, migraines (3-4 premenstrually), constipation, IBS, carb cravings, difficulty falling asleep if not medicated, middle of the night waking, poor short term memory, brain fog, severe PMS (physical and emotional).

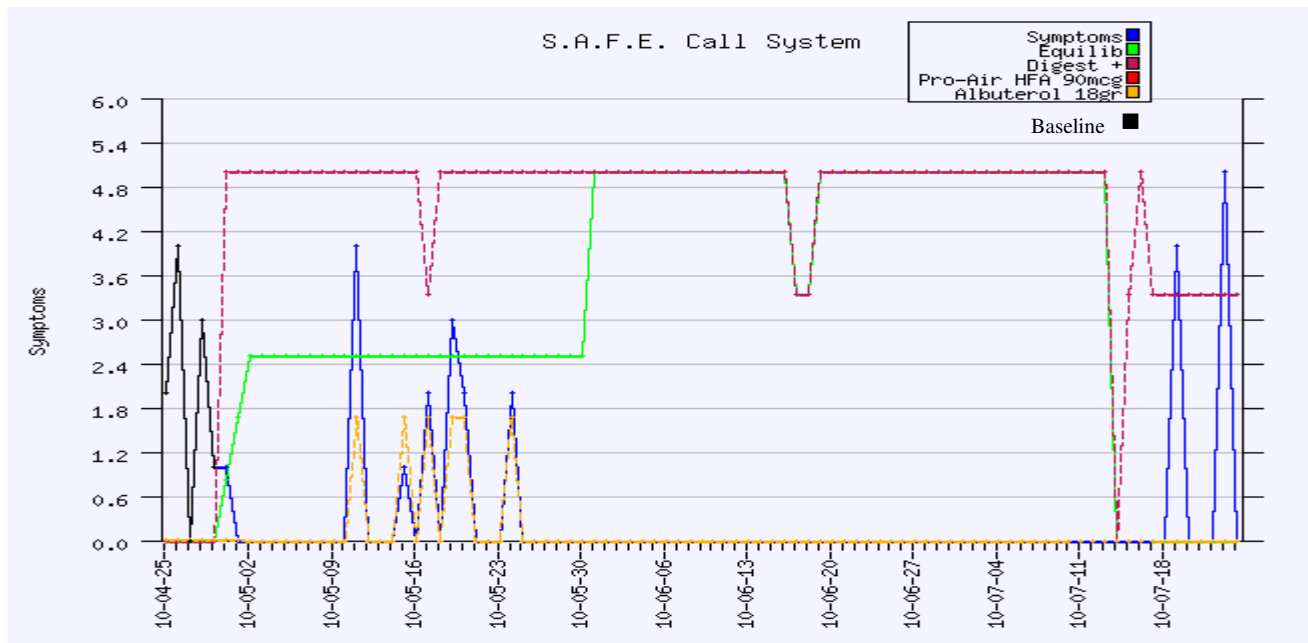
May 03, 2010 DG Improved constipation and IBS.

May 24, 2010 DG Now in remission: Restless leg syndrome. Improving I/C and over active bladder.

## Participant Periodic Health Data Report for: Abby - 727C490

Diagnosis – Asthma

**Note: Return of asthma symptoms when Equilib (green line) was discontinued due to financial difficulty**



date	24	25	26	27	28	29	30	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
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Apr 20, 2010 DG Permission granted to send info to listed, April 20, 2010 @ 5:28 PM EST. Additional pre existing conditions: Diarrhea, carb cravings, loss of physical stamina, over active bladder (+1-3/night), psoriasis. Polycystic ovarian syndrome w/ weight gain (60+ lbs overweight) and chronic sinusitis.

- June 11, 2010 DG Pre existing conditions now in remission: Over active bladder (plus no more night time waking!) and chronic sinusitis. No further asthma symptoms since recovering from earlier severe stressor. Improving carb cravings, physical stamina-less tired, feeling more rested in the AM and Polycystic Ovarian Syndrome greatly improved (had a period from the non functioning ovary for the very 1st time).
- Jun 29, 2010 DG Now in remission: Over active bladder (and sleeping right through the night now), carb cravings, diarrhea and chronic sinusitis. Physical stamina is better than it has been in years. No further Polycystic Ovarian Syndrome weight gain.

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### Participant Periodic Health Data Report for: **Brian - 795P614**

- Dec 04, 2009 DG Permission granted to send info to listed, Dec 4, 2009 @ 3:02 PM EST. Additional pre existing conditions: Middle of the night waking, muscle cramps in calves (2-3/wk), over active bladder, carb cravings, Restless Leg Syndrome (worse with too much or too little exercise) will see Dr for formal diagnosis, hypersensitive to loud or sudden sound-has high startle reflex.
- Feb 25, 2010 DG Pre existing conditions now in remission: Middle of the night waking, RLS, Improved muscle cramps, over active bladder, high startle reflex.
- Mar 22, 2010 DG Pre existing conditions now in remission: Middle of the night waking, muscle cramps, carb cravings and Restless Leg Syndrome and over active bladder. Continuing to improve; hypersensitivity to sound. Participant reports he has had quite a dramatic improvement in mood and his asthma is doing quite well despite being at the worst time of year for symptoms. He also reports that missing too many Equilib doses has a definite negative effect on his mood.

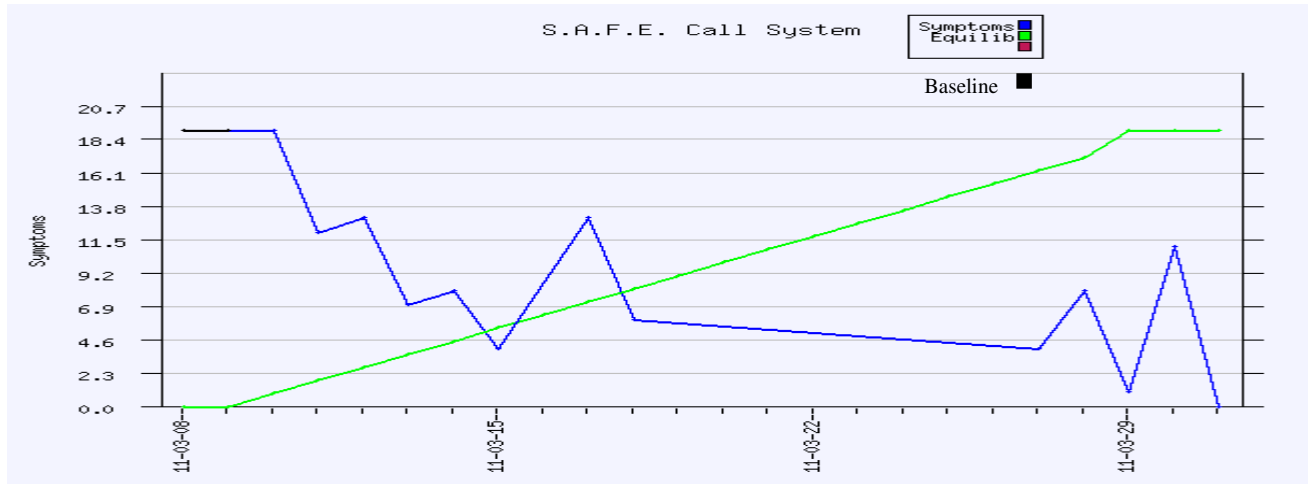
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### Participant Periodic Health Data Report for: **Jaxton - 201B798**

- Dec 30, 2006 DG Permission granted by mother to send info to listed. Dec 30, 2006 7:43 PM EST. Co-morbidities: headaches-about 1/week, chronic constipation since birth-(on Miralax 1-3/day), frequent abdominal pain NOS, carb cravings, clumsy, poor stamina, over active/urgent bladder, muscle cramps, growing pains, eczema.
- Jan 12, 2007 DG Started EQ Dec 29, 2006. Now up to 15 a day. Constipation is improving (down to 1 Miralax/day), improved fatigue, carb cravings and growing pains. Pre existing headaches, abdominal pain NOS, poor stamina and muscle cramps are now in remission. Participant now asks for his Equilib.
- Mar 13, 2007 DG Now in remission: Frequent abdominal pain NOS, constipation, clumsiness, over active/urgent bladder, muscle cramps and growing pains. Significantly improved physical stamina.

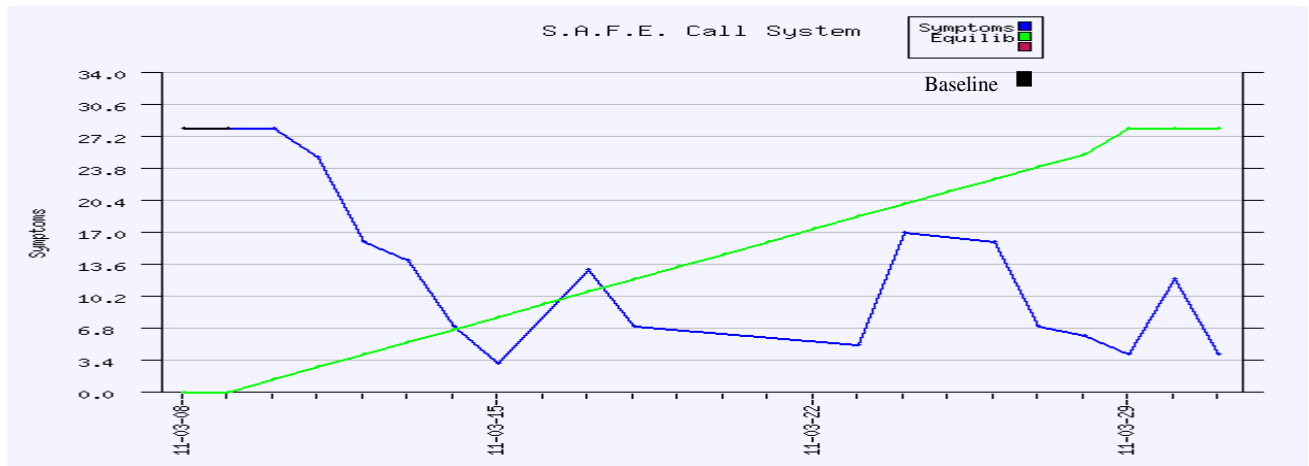
## Participant Periodic Health Data Report for: **Sam - 843Z631**

### Diagnosis 1 - ADD / ADHD

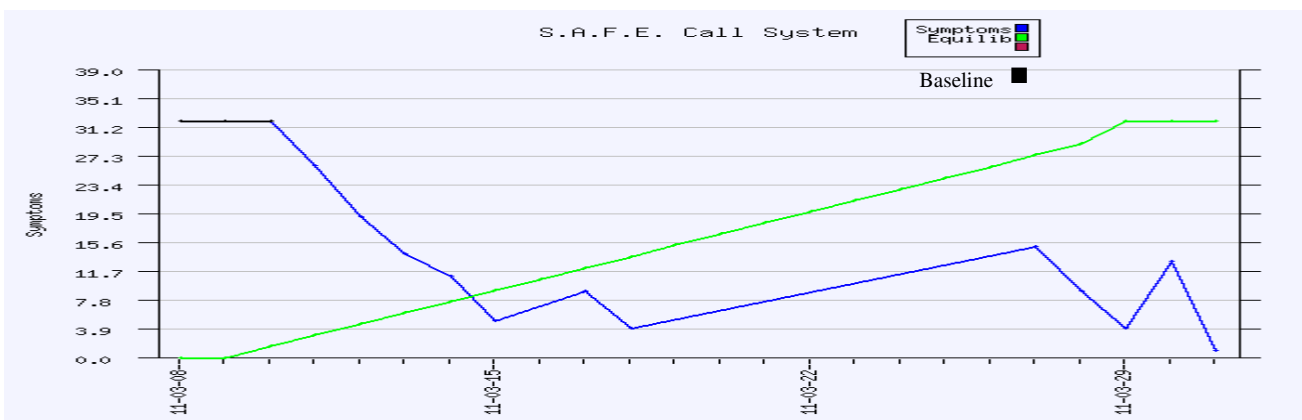


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equilib	0	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	21	21	21

### Diagnosis 2 - Anxiety / Panic



### Diagnosis 3 - Clinical Depression



- Mar 10, 2011 DG According to Mom: Headaches (3-5/mo), frequent severe nosebleeds, severe carb cravings, GERD, middle of the night waking, nightmares (6-7/wk), poor short term memory, brain fog, over active bladder. Very poor appetite. Has suicidal thoughts, hyper sensitive to all medications. Has some OCD type symptoms with highly intrusive thoughts.
- Mar 21, 2011 DG Now in remission: Nightmares, middle of the night waking, brain fog. Improving nose bleeds, overactive bladder and OCD/intrusive distressing thoughts. Nightmares are much less severe. Appetite is returning.
- Apr 19, 2011 DG Now socializing much more and exercising as well. Now in remission: Headaches, nosebleeds, carb cravings, GERD, nightmares, over active bladder and brain fog. Appetite is now normal. OCD thoughts continue to improve.

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### Participant Periodic Health Data Report for: **Glen - 519A926**

- Feb 20, 2009 DG Pre existing conditions: Clumsy, frequent abdominal pain NOS, diarrhea, GERD, loss of physical stamina, middle of the night waking, chronic headaches, overactive bladder, severe carb cravings, poor fine motor control, poor short term memory and brain fog, Restless Leg Syndrome.
- Apr 27, 2009 DG Frequent abdominal pain improving, reduced GERD, headaches, over active bladder (reduced from 5-6/night to 1-2/night), carb cravings.
- May 22, 2009 DG Improving physical stamina and further improved overactive bladder. Middle of the night waking and Restless Leg Syndrome mostly in remission. Headaches and carb cravings now in remission.

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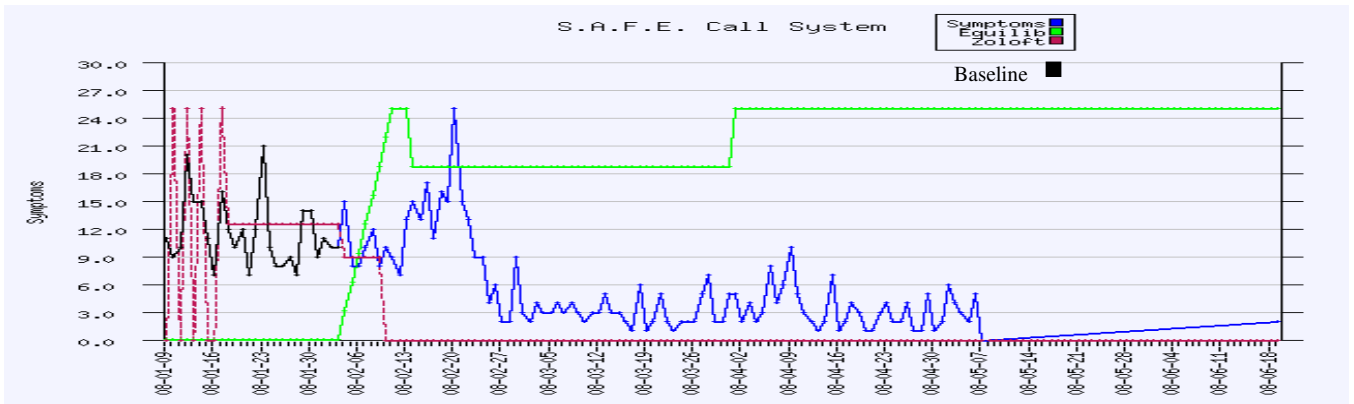
### Comments for Participant **Stephanie - 281H339**

- Nov 08, 2006 DG Permission granted to send info to listed, Nov 8, 2006 5:55 PM EST. Co-morbidities: Frequent diarrhea and constipation, severe carb cravings, poor short term memory and brain fog, clumsy, loss of stamina, urgent bladder, muscle cramps, moderate to severe PMS, Taking Spironilactone 100mg to keep blood pressure in check. Significant water retention.
- Jan 12, 2007 DG Participant is noticing that she is showing real mood and physical improvements since starting Equilib.
- Mar 13, 2007 DG Now in remission: Constipation and diarrhea, poor short term memory and brain fog, clumsiness, loss of stamina, muscle cramps and urgent bladder. Reduced carb cravings.



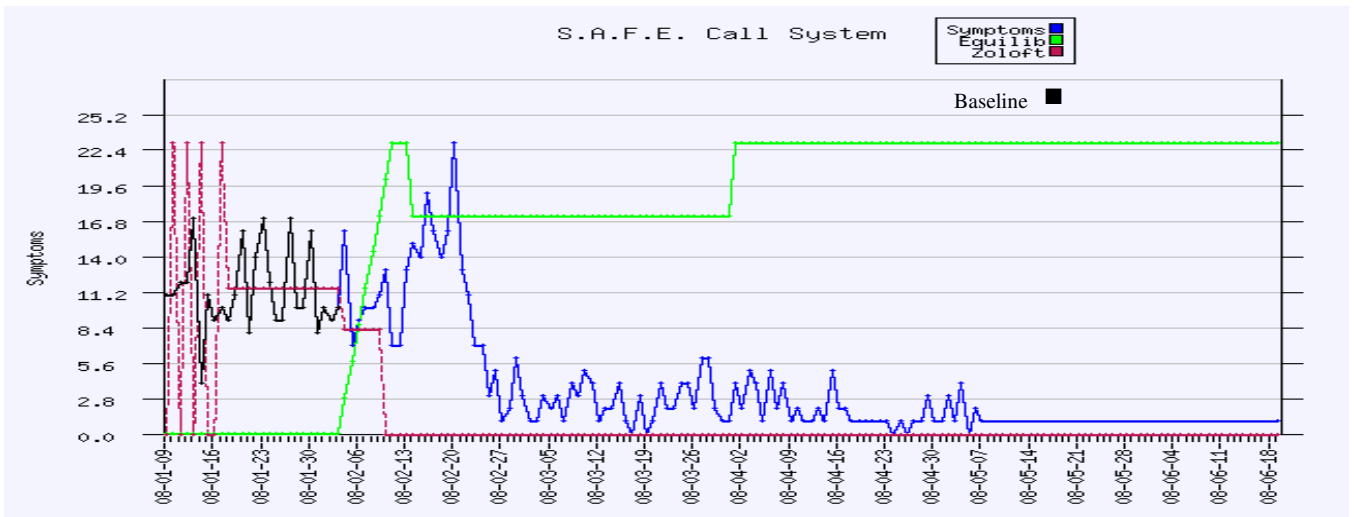
# Participant Periodic Health Data Report for: **Stephanie - 343E650**

## Diagnosis 1 - Anxiety / Panic



date	20	21	22	23	24	25	26	27	28	29	30	31	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19
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## Diagnosis 2 - Clinical Depression



- Jan 11, 2008 DG Permission granted to send info to listed, Jan 11, 2008 10:14 AM EST. Co-morbid conditions: Headaches(2-3/month), tendency toward constipation, very sensitive to bright light, carb cravings, difficulty falling asleep (60 min), poor short term memory, brain fog-particularly when stressed and premenstrually, overactive bladder, restless leg syndrome, PMS. Uterine fibroids causing considerable pain during menstruation.
- Feb 20, 2008 DG No further constipation, improved carb cravings.
- Mar 03, 2008 DG **NOW IN REMISSION:** Constipation, Improved sensitivity to bright lights, carb cravings, brain fog, overactive bladder and restless leg syndrome.

- Mar 11, 2008 DG Short term memory problems and brain fog improving. Depression symptom increase caused by coming down with a cold.
- Mar 18, 2008 DG Short term, memory and restless leg continue to improve. Participant and her husband notice an enormous improvement. Now much more able to spend time in chaotic and crowded environments.
- Apr 1, 2008 DG Headaches greatly decreased in both frequency and severity. Menstrual pain from fibroids has been much reduced.
- April 17, 2008 DG Participant notes that the uterine fibroids which have caused considerable pain during menstruation, now cause only slight discomfort. Ability to fall asleep is much improved.
- Jan 19, 2008 DG Poor short term memory, brain fog, both sleep disorders, overactive bladder, carb cravings and restless leg in remission most of the time now.
- Aug 28, 2008 DG Doing well @ 18/day. RLS no longer an issue, little or no pain from fibroids premenstrually.
- Sept 29, 2008 DG Doing very well and continuing on Equilib. All conditions still in remission. Feels she no longer needs follow up calls.

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### Comments for Participant Dawn - 873G378

- Apr 26, 2011 DG Permission granted to send info to listed, April 26, 2011 @ 10:28 AM EST. Arthritis in hands. Additional pre existing conditions: Pain in big toes (not gout), shallow restless sleep, over active bladder. High cholesterol-on Lipitor 10mg. Taking a balanced cal-mag citrate supplement (50-50%).
- Aug 11, 2011 DG Entering funded over active bladder pilot. Starting Equilib tomorrow. Has also been having Pulsed Magnetic Resonance Stimulation Sessions for her toe pain.
- Aug 19, 2011 DG Pain in toes significantly better. Sleep quality and over active bladder are improving. Continuing with 24 Equilib/day.
- Aug 23, 2011 DG Over active Bladder now in remission, as is chronic pain in big toes unless bending the toes hard. Regaining normal mobility in toes. Sleeping much more soundly now Continuing with 3/4 dose of Equilib, DigestPlus Live Plant Digestive Enzymes and Pulsed Magnetic Resonance Stimulation sessions.

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### Comments for Participant Mindy – 539C305

- Aug 30, 2011DG Permission granted to send info to listed, Aug 30, 2011 @ 2:04 PM EST. Additional pre existing conditions: Migraines (1-10/mo) hyper sensitive to heat, cold and loud noise, hyper sensitive to chocolate, carb cravings, difficulty falling asleep if Effexor

reduced, clumsy (worse when stressed), loss of physical stamina, severe over active bladder + 4-15/night.

- Oct 03, 2011 DG Improved carb cravings.
- Oct 11, 2011 DG Over active bladder and energy levels are improving despite having gone through a very stressful situation
- Nov 28, 2011 DG Migraines significantly improved, improved sensitivity to heat and cold. Over active bladder now @ 3-6/night. Now in remission: Clumsiness. Participant reports she was able to deal with a very stressful situation with much less anxiety and reactivity than has been typical.
- Mar 14, 2012 DG Improvements in over active bladder have continued. Averaging 4/night, down from the 4-15 per night before starting Equilib.

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### Comments for Participant **Holly – 157Q484**

- Aug 12, 2011 DG Permission granted to send info to listed, Aug 12, 2011 @ 2:51 PM EST. Entering I/C pilot. Additional pre existing conditions: Asthma, rare visual migraines, hypersensitive to heat, cold, chaotic sound or visual inputs, diarrhea, rare constipation, sensitive to nuts and chocolate during allergy season, severe respiratory allergies, severe carb cravings, Restless Leg Syndrome-diagnosed 1997, poor short term memory, clumsy for entire life, loss of physical stamina, I/C-diagnosed 1978, over active bladder, severe varicose veins-started surgeries June 2011, loss of libido and osteo arthritis in thumbs. Hypothyroid-on Levo Thyroxin and cytomel. Sleep apnea-on a C-Pap machine. Carrying about 50-60 extra lbs.
- Sept 13, 2011 DG Started Equilib two weeks ago, but only taking 2/3rds dose due to missing lunch most days. Will start taking her lunch dose spread out over a couple of hours on an empty stomach and use her computer alert program to remind her. Diarrhea and constipation are in remission now. Now realizes that in her case she needs to take her evening dose at supper, since she sleeps well that way, but taking it close to bed time leaves her wakeful.
- Sept 27, 2011 DG Now in remission: Constipation, diarrhea, hypersensitivity to chaotic sound or visual inputs, respiratory allergies (despite it being the worst time of year), carb cravings, Restless Leg Syndrome, life long clumsiness and poor physical stamina (her trainer is amazed). Holly comments that she hardly recognizes her body, there have been so many dramatic improvements. Improved: Arthritis pain in R thumb but not Left yet. No change in I/C or over active bladder yet, but Holly says she has not been very consistent with getting all her doses each day.
- Oct 19, 2011 DG Now in remission: Asthma, hypersensitivity to heat, cold, chaotic sounds and visual inputs, diarrhea, constipation, respiratory allergies (except when eating a lot of nuts), carb cravings, RLS, clumsiness, physical stamina problems and osteo arthritis in thumbs. Participant is dumfounded that the chronic leg and foot pain she's experienced

for many years has completely disappeared. Improved: Short term memory, over active bladder, improving libido (starting to be interested in cuddling. NOTE: When taking too many tree nuts, most symptoms start to return, then drop away again once she stops (possibly due to some degree of molds on the nuts-has severe mold allergies). I/C is improving and is starting to have the 1st dry nights.

Nov 17, 2011 DG Doing extremely well. I/C, overactive bladder and Restless Leg Syndrome all in remission. All previously mentioned responding conditions remain in remission.

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### Comments for Participant Twyla – 759F387

July 04, 2011 DG Permission granted to send info to listed, July 4, 2011 @ 12:49 PM EST. Entering funded Over Active Bladder program. Seasonal respiratory allergies, severe arthritis in hips, over active bladder +1-3/night. Has been using the Mediconsult MRS2000MED for almost two years.

Aug 24, 2011 DG Now in remission: Seasonal allergy symptoms. Improved hip arthritis. No change yet in over active bladder.

Dec 30, 2011 DG Overactive bladder significantly improved @ 50% of full Equilib dose, but was not eliminated. Now on a combination of Equilib and prescription medication and doing very well. Hip arthritis and seasonal allergies still doing well at this Equilib dose.

Edited by: David Gilbert  
Research and Implementation  
Equilib Protocol  
Updated Mar 14, 2012