



Cholestyramine is well known for its role in the treatment of high cholesterol in patients. It is an FDA approved medication and goes by the brand name Questran. Your doctor has prescribed you an aspartame free version of Cholestyramine resin. Aspartame is an artificial sweetener and known neurotoxin.

Cholestyramine is used to treat chronic biotoxin illnesses including Mould and post Lyme.

HOW DOES IT WORK

Cholestyramine is not absorbed into the body. It works by absorbing and binding to substances including cholesterol, bile salts and bio-toxins in the small intestine. These bio-toxins are tightly bound, so they cannot be reabsorbed, and are excreted harmlessly through the bowel, via the stool.

SIDE EFFECTS

Cholestyramine is safe to use. Use may be associated with some gastrointestinal side effects. These include constipation, bloating, reflux, heartburn or indigestion. The constipation is due to the binding effect of Cholestyramine.

We have a series of treatment protocols to avoid or anticipate any troublesome side effects. We may recommend to you additional supplement medications to keep on hand.

- If you have a tendency to constipation, special care is needed then to prevent stools becoming hard, as they lead to be difficult to pass, and cause bleeding from the rectum.
- Reflux may be experienced early in the treatment. Mixing Cholestyramine with cranberry juice, apple juice, or dissolving Cholestyramine in warm water, then adding ice may help reduce or avoid heartburn.
- Bloating and belching may also be associated with initial Cholestyramine treatment.
- Increased consumption of fruit and fiber products, such as psyllium (Metamucil) can help to prevent occurrence of constipation.

Long term use of Cholestyramine may deplete fat soluble vitamins and in this case we would recommend a supplement to replace these vitamins

SAFETY

Cholestyramine is considered very safe and has been used for more than 50 years. It is not to be used in pregnancy or breastfeeding unless recommended by a doctor. It also needs to be separated from all other oral medications by 2 hours after consumption of Cholestyramine or take other supplements half an hour before dose, as it acts as a binder and may bind other medications as well.

USUAL DOSAGES

The recommended full daily dose of Cholestyramine is 4g taken four times per day. It is recommended to all patients to start with a single daily dose taken half an hour before food and other supplements and to slowly build up to a four times daily dose.

HOW TO TAKE CHOLESTYRAMINE

1. On an empty stomach, take 2 scoops of Cholestyramine (totalling 4g), mixed with water, or juice. Stir well then swallow, add more liquid if needed. Initially take Cholestyramine once daily, gradually building up to 4 times daily, e.g. take once daily for 3-5 days, then increase to twice daily for 3-5 days, and so on until 4 doses per day has been achieved.
2. It is essential to drink an additional 100-200ml of water after each dose daily.
3. Please wait 30 minutes before eating or taking any medications, or eating. If you do eat first, wait at least 60 minutes before taking your dose of CSM.
4. Wait at least 2 hours before taking Thyroxine, Digitalis, Theophylline, Coumadin, please ask your doctor or pharmacist for more information)
5. If you are concerned about any side effects, such as bloating, constipation, reflux and bowel distress, please speak to your GP or pharmacist.
6. Use acid blocking, and laxative medication as needed.

HOW LONG TO TAKE CHOLESTYRAMINE

Your doctor will advise you when to stop treatment of Cholestyramine. Most patients continue with treatment from 1 month to 1 year depending on symptom control and VCS eye test results,

TOP T.I.P.s

- Take other supplements half an hour before Cholestyramine to reduce any binding effects
- Mix Cholestyramine in a thick nectar juice if you're not fructose intolerant as it may help to make it taste better
- Slowly build up to four times daily dosage over a period of 3-4 weeks
- Take a fibre supplement or stool softener to ensure no gastrointestinal side effects.

Note: We recommend our patients to visit the website of Ritchie Shoemaker to learn more about biotoxin illness and to take the VCS eye test online.

This material is for educational use only. It should not be used as a substitute for professional medical advice, diagnosis or treatment.

