

The 14-Day Propolis Protocol (Detailed Checklist)

Phase I: The Bio-Compatibility Test (Days 1–2)

- **The 24-Hour Patch Test:** Apply one drop of alcohol-free propolis to the inner wrist or crook of the elbow. Cover with a bandage.
- **Symptom Check:** Inspect the area for redness, itching, or swelling. If clear after 24 hours, proceed.
- **The Oral Micro-Dose:** Place a tiny drop on your tongue. Wait 15 minutes to ensure no tingling or throat tightness occurs.

Phase II: Systemic Induction (Days 3–7)

- **The "Starter" Dose:** Take exactly 25% of the manufacturer's recommended daily dose (e.g., 100mg instead of 400mg).
- **Hydration Rule:** Drink at least 8oz of water with your dose to support the metabolic processing of resins.
- **Journaling:** Briefly note any changes in digestion or energy levels in the morning.

Phase III: Full Integration (Days 8–14)

- **Titration Step:** Increase to the full recommended dose (400–500mg) divided into two sessions (morning/evening).
- **Topical Synergy:** If using for skin, apply a 5% concentration serum to a specific "target zone" (e.g., active blemish) only.
- **The 21/7 Cycle Setup:** Set a calendar reminder to take a 7-day break after 21 days of continuous use to prevent immune desensitization.