

# All-Natural Protocol for Managing Schizophrenia

{using herbs and natural supplements}



VINYASI

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- Roasted Coffee Substitute
- Essiac Tea
- Copper and Zinc, chelate, 1:15+
- Hemp Protein Powder

Extras:

- Potassium Iodide (KI) or Seaweed. Start with seaweed if you're not accustomed to taking KI at its minimum daily dosage of 1mg/lb of body weight.
- Calcium Citrate
- B-Complex
- Cool Cayenne (caps) with Ginger
- Vitamin C
- Silver wire leeching its atoms into your favorite beverage or water so long as it is a non-metallic container. Use colloidal silver, electrode, replacement wire.

Two of the symptoms of Schizophrenia, which are alleviated by roasted coffee substitute and by Essiac Tea, are paranoia and inflammation of the gastric lining.

Nausea, indigestion, and bowel changes can be an indication of psychological stress, and persistent **inflammation** in your central nervous system (CNS) from **schizophrenia** may affect how your GI tract functions. [Keep reading to learn more, including co-treatment options.](#)

## Paranoia and Inflammation of the Gastric Lining

Paranoia — persistent, irrational fear or suspicion — is not a direct cause of gastritis, but it can be linked to gastric inflammation through the **gut-brain axis**. This is a bidirectional communication network between the digestive system and the brain, involving the vagus nerve, stress hormones, and gut microbiota [neurolaunch.com](https://neurolaunch.com).

### How Paranoia May Relate to Gastric Inflammation

- **Stress and anxiety** (including paranoid ideation) can trigger the body's fight-or-flight response, raising cortisol and adrenaline. These hormones can thin the stomach's protective mucus layer, increase acid production, and damage the gastric lining, leading to inflammation [neurolaunch.com](https://neurolaunch.com).
- Chronic stress or anxiety can create a **physiological loop**: stomach pain → stress response → more acid and inflammation → more pain [neurolaunch.com](https://neurolaunch.com).
- Inflammation in the stomach lining can send distress signals to the brain via the vagus nerve, potentially contributing to anxiety, hypervigilance, and even panic-like symptoms [neurolaunch.com](https://neurolaunch.com).

## Gastritis: Causes and Symptoms

Gastritis is inflammation of the stomach lining. Common causes include:

- **Helicobacter pylori** infection
- **NSAID or alcohol use**
- **Severe stress or trauma**
- **Parasitic infections** such as *Anisakis simplex*, *Strongyloides stercoralis*, *Giardia lamblia*, or *Cryptosporidium parvum*, which can directly damage the mucosa or trigger immune-mediated inflammation [biologyinsights.com+1](#).

Symptoms may include:

- Burning or gnawing upper abdominal pain
- Nausea, vomiting
- Bloating, fullness after eating
- Indigestion [Mayo Clinic+1](#)

## Paranoia and Gastritis: A Two-Way Street

- **From paranoia to gastritis:** Chronic stress or anxiety can promote acid-related damage and inflammation.
- **From gastritis to paranoia:** Inflammation and pain can feed into anxiety and hypervigilance, potentially worsening paranoid thoughts [neurolaunch.com](#).

## Management

Treating both the gastric inflammation and the psychological stress is often more effective than addressing either alone:

- **Medical:** Acid-reducing medications, antibiotics for *H. pylori*, or anti-parasitic treatment if infection is present [Mayo Clinic+1](#).

- **Dietary:** Avoid irritants (spicy foods, alcohol, NSAIDs), eat smaller meals, and consider a gut-friendly diet.
- **Psychological:** Stress reduction techniques (mindfulness, therapy), cognitive behavioral strategies, and possibly medication for anxiety or paranoia under medical supervision.
- **Lifestyle:** Regular exercise, adequate sleep, and avoiding known stress triggers.

**Bottom line:** Paranoia itself doesn't directly cause gastritis, but the stress and anxiety it can bring on can damage the gastric lining and trigger inflammation. Conversely, gastritis can worsen anxiety and paranoia. A holistic approach addressing both the gut and the mind is key to recovery [neurolaunch.com](https://neurolaunch.com)**+1**.

Sleep is improved when the gastric lining stops being inflamed. Duration of sleep is, thus, reduced due to improved efficiency of sleep.

Copper with Zinc, at a one to fifteen ratio or greater, helps suspend degradation of the myelin sheath surrounding the neurons. This protection from further degradation helps to protect the neurons from an escalating condition of over-stimulation and, thus, alleviates aggravation to the brain and focal dystonia. This healing leads to hormonal balance. The consequence is a quieted mind and a natural disposition.

Hemp protein powder is a very nutritious and delicious source of plant protein with a slight trace of the active ingredient of the Marijuana and Hemp plants known as: THC (tetrahydrocannabinol).