

Stage 1 Material List

Megan's Miracle Recovery Protocol

- Click here for [Stage 1: Overview](#)
- Click here for [Stage 1 Daily Checklist](#)

get started with [Megan's Miracle Stage 1 Starter Kit here](#) if you prefer to purchase everything you need all at once.

Below is a list of everything you need to get started on [Megan's Miracle Recovery Protocol](#) in [stage 1](#) of your recovery. Items highlighted in yellow are necessary while others are optional.

Megan's Miracle Soap

\$68 USD/month when using ½ ounce of level 5X soap per shower, 3 times a week.

Use any of Megan's Miracle Cleansers including our [Soap Bar](#), [Salt Bar](#), [Foaming Whipped Soap](#), [Foaming Salt Scrub](#), or [Body Wash](#) or [Copper Cream Cleanser](#) to complete your soaping sessions.

Our most popular cleanser is our [Honeybee Foaming Bath Butter](#) loved for its high foaming & moisturizing properties. It doubles as a cream shampoo, shaving cream, face & body cleanser. & be sure to get some loofah sponges to use with your soap in the shower- this will make your cleanser last much longer.

Not sure which level is best for you?

Get started with our soap [level quiz here](#).

Raw Royal Jelly

\$37 USD/month when ½ teaspoon of royal jelly is used for oral care once a week.

[Royal jelly](#) is used a minimum of one time a week for your oral care sessions and can be added with your toothpaste to your electric toothbrush or mixed in with your mouthwash.

\$75 USD/month when ¼ teaspoon is consumed twice daily (**optional**)

Our [royal jelly](#) is also ideal to add to your daily supplement regimen to boost your apitherapy routine and speed recovery.

*Royal jelly restores hormone levels after menopause and lowers pain associated with venom injections and burning sensations from apitherapy soaps with continued intake.

Electric Shower Brush

\$40 USD

Use our [electric spinning scrub brush](#) to get the most out of every soaping session and complete your protocol tasks.

Megan's Miracle Elixir Serum (optional)

\$83 USD/month when using 1 treatment pump full of serum per ear daily (**optional**).

[Elixir Serum](#) is ideal for use behind your ears to boost the effectiveness of your behind the ears sessions and aids in breaking apart the main connection. It also makes a great spot treatment and apitherapy additive to boost the potency of your apitherapy products.

Megan's Miracle Castor Cream Rinse (optional)

\$20 USD/month when using 1 TBSP of Castor rinse as a pre-wash, two times a week.

Keep some of [Megan's Miracle Castor Cream Rinse](#) around the house to get rid of old wounds/sores/lesions that surface during the recovery process. It's also helpful to prevent burning/stinging sensations associated with your Soaping Sessions.

Megan's Miracle Hydrating Toner (optional)

\$53 USD/month when using ¼ oz of toner after soaping sessions 3 times a week (**optional**).

[Our toner](#) is ideal for hydrating the skin head to toe after a shower or bath to speed progress and healing.

\$18 USD/month when using ¼ oz of toner a week for cleaning ears, nose, & lash line (**optional**).

Toner doubles as a [Cleansing water](#) and is great for cleaning out the ears, nose, & lash line. Just apply a few drops of toner to a q-tip.

\$70 USD/month when using 1 full enema to clear cavities once a week (**optional**).

Additionally, [Megan's Miracle Toner](#) can be mixed with 50% distilled water or more and used to cleanse the body cavities. Just fill a disposable enema with your mixed solution and follow directions that come with your device. Repeat 1 time monthly or more often as desired.

Megan's Miracle Shaving Cream (optional)

\$46 USD/month when using half an ounce of shaving cream per week

Megan's Miracle [Shaving Cream](#) is used to complete your in-shower Behind the Ears Sessions and Wet Body Shaving Sessions. It aids in the prevention of razor burns, cuts, and lesions that may occur as a direct result of your sessions. Plus, it makes shaving twice as effective.

Pro Tip: Megan's Miracle [Foaming Bath Butter](#) can double as [Shaving Cream](#)

Pure Propolis Capsules (optional)

\$24 USD/month when consuming 2 capsules daily.

[Pure Propolis capsules](#) are added to your daily supplement regimen to boost your apitherapy routine and speed recovery.

Bee Pollen Pellets (optional)

\$2.50 USD/month when consuming ¼ tsp as day.

[Bee Pollen Pellets](#) are added to your daily supplement regimen to boost your apitherapy routine and speed recovery.

***Great for decreasing symptoms of pollen allergies and other outdoor allergens with daily consumption. Start with a minimal dose and increase as tolerated for best results.**

Buckwheat Honey (optional)

\$90 USD/month when consuming ½ TBSP twice daily.

[Buckwheat Honey](#) is added to your daily supplement regimen to boost your apitherapy routine and speed recovery.

Apitherapy Capsules (optional)

\$85 USD/month when consuming 2 capsules daily

[Apitherapy Capsules](#) with royal jelly, propolis, and bee pollen in one supplement-added to your daily supplement regimen to boost your apitherapy routine and speed recovery.

Quality Electric Razor

If you have a light amount of body hair and do not regularly shave or exfoliate:

I suggest you get started with the [OneBlade](#) electric razor and [replacement blades](#). It is a very gentle razor, with just the right frequency and vibrations, is easy to use, and the blades are cut-free.

\$35 USD for razor + \$20USD replacement blades

If you have insufficient income make sure you save your receipt for the [OneBlade](#) electric razor because you may need to switch to the [Braun Series 9 Pro](#) electric razor (or similar) once you adjust to shaving, or if your progress slows down the road.

If you regularly shave everywhere and exfoliate already:

I suggest you invest in the [Braun Series 9 Pro](#) electric razor now (It is not necessary to purchase a razor with an electric cleaning stand and accessories). You can check your local Costco for discounts and deals on this exact razor. They often have sales prices for it.

The [Braun Series 9 Pro](#) has powerful vibrations and the blade is cut-free. It does not regularly require head replacement. Just make sure you purchase a razor with a warranty that covers you in case anything breaks or stops working.

\$200 USD for razor and necessary parts and blades.

If you have a ton of body hair that is thick and long and you do not shave your body:

We suggest you get started with a hair trimmer. Trim your body hair first before getting started with an electric razor. Then, use a good body scrub (a salt scrub will work best) with powerful exfoliating properties. Doing this will help prevent clogging and skin irritation when you get started with your electric razor.

\$20 USD for an electric hair trimmer

Quality Electric Toothbrush

\$35 USD for a quality electric toothbrush with replacement heads.

An electric toothbrush is needed for your success with your daily Oral Care Sessions. Electric toothbrushes are available at most local grocery stores and pharmacies.

You can also use an electric spinning toothbrush with your Apitherapy soap to complete ear soaping sessions.

Toothpaste

\$5.79 USD/month

Your favorite brands of toothpaste will do the trick. You can also look for brands that contain added probiotics or hydrogen peroxide for an even more effective Oral Care Session.

Mouthwash

\$2.49 USD/month

Your favorite brands of mouthwash will do the trick. You can also look for brands that contain added probiotics or hydrogen peroxide for an even more effective Oral Care Session

Floss or a Floss Pick

\$1.50 USD/month

Any brand of floss or electric floss pick will do the trick.

Time: Stage 1 takes approximately 8 weeks or less to complete.

Monthly cost (not including any optional items): \$114/month for your Apitherapy soap, royal jelly, toothpaste, mouthwash, and floss.

Fixed Costs: \$170 to \$320 depending on your choice of electric razor(s), trimmers, toothbrush, and electric scrub brush.

If you have any questions or concerns about the items you will need to purchase in order to get started on protocol, please [contact us](#).

