Vitae Mosaic Prescription

Name Glenn Goodhew

Date 7/7/23

Practitioner Lisa Hayne

Diet and Nutrition Plan

Avoid or limit your intake of high purine foods - shellfish, oily fish (sardines, anchovies), red meat (beef, pork, bacon, lamb), yeast (bread, beer, vegemite)

Cherries - adding in fresh or frozen cherries, or tart cherry juice (250ml/day). They help lower uric acid and prevent attacks

Protein rich breakfast ideas - overnight oats, chia puddings, eggs, baked beans, smoothies with added protein source (1/4 cup oats OR collagen powder OR big scoop of nuts and seeds)

Lifestyle Plan

Keep staying chill x

Prescribed Supplements

HepatoClear - 1 scoop mixed in water, once daily

AlkaCaps - 2 tablets morning, 1 tablet night

BioFlam - 1 tablet morning and night (high potency anti-inflammatory)

Testing and Pathology

Next time you see your GP can you ask about having a urine test done to see if there's any uric acid in your urine.

Additional Comments and Follow-up

It would be great to check in again in 6 weeks to see how you're going.

Practitioner contact details

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