

NATURALLY ANEW PRESCRIPTION

Treatment goals:

1. Support macronutrient digestion, absorption and assimilation, particularly fats
2. Reduce cholesterol levels
3. Support liver integrity and regeneration to reduce “fatty liver”
4. Regulate blood sugar
5. Support energy levels
6. Reduce uric acid build up
7. Generally reduce cardiovascular and metabolic risk

Let me know if you change any prescription medication or add in anything.

HERBAL SUPPORT *sent from Aus*

EnteroZYME Biopractica: Take 1 capsule with meals, 3 x day. Ideally take a few minutes before eating, to get digestive juices flowing.

Resist-X Advanced Metagenics: Take 1 tablet, with meals, 2 x day.
Once run out can explore other options or shipping from Australia.

NUTRITIONAL SUPPORT *obtain locally*

Quercetin Drop Uric Acid Garden of Life <https://iherb.co/UgQdMqVt> or elsewhere
Take 2 tablets with food, 1 x day

Shape, Core Cleanser, Sunwarrior Prebiotic Powder <https://iherb.co/xyuFi46X> or elsewhere

Stagger the doses, starting off slow and then slowly increasing.

Week 1: Start with ¼ of a scoop, mixed with liquid, 1 x a day, usually in the morning.

Week 2: Take ½ scoop, mixed with liquid, 1 x a day, usually in the morning.

Week 3: Take ¾ scoop, mixed with liquid, 1 x a day, usually in the morning.

Week 4 & beyond: Take 1 scoop, mixed with liquid, 1 x a day, usually in the morning.

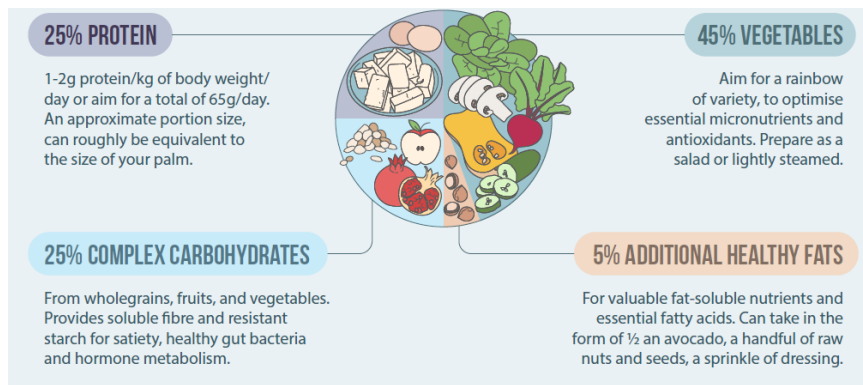
Report back if stomach issues like constipation. Ensure you drink adequate amounts of water, 2-3L per day.

Fish Oil, good quality, source from local Kosher store and send me a picture to determine dosing.

Can look at protein powder and further supplementation and variations after finish this protocol.

DIETARY SUPPORT

Mediterranean Style Diet - try and follow this way of eating as much as possible. See attached handout sheet for more details but particularly look at the balancing meals and your plate.



This type of diet is generally sustainable long-term and focuses on whole foods and nutrients to ensure body is getting what it needs for optimal health.

LIFESTYLE SUPPORT

Exercise

1. Consider a personal trainer doing weight bearing exercises and resistance training to support cardio-metabolic health and aging.
2. Regular walks for even 15 minutes after meals have been shown to regulate blood sugar and support health cholesterol levels.

Aim for formal exercise with resistance training 2-3 times a week and try to walk every day for 30 minutes cumulatively, particularly after meals.