

NATURALLY ANEW PRESCRIPTION

Treatment goals:

1. Support blood sugar balance
2. Support stress levels

HERBAL SUPPORT *sent from Aus*

GlucoChrome Interclinical : Take 1 capsule with meals, 3 x day. If cannot manage 3 times a day take 2 with breakfast and 1 with dinner.

NUTRITIONAL SUPPORT *obtain locally ge*

Green Superfood Berry Amazing Grass <https://iherb.co/gmMpwhs5>

1 scoop daily, to add super nutrients into the diet and some prebiotic fibre. Play around with taking in the morning with food, or without food in the afternoon for a boost. See what works best for you.

Note: if you have any digestive discomfort after taking the first time stagger the dosing. Start with ¼ of a scoop for a few days, move to ½ scoop and so on, letting the body acclimate.

Make sure to drink adequate amounts of water during the day.

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

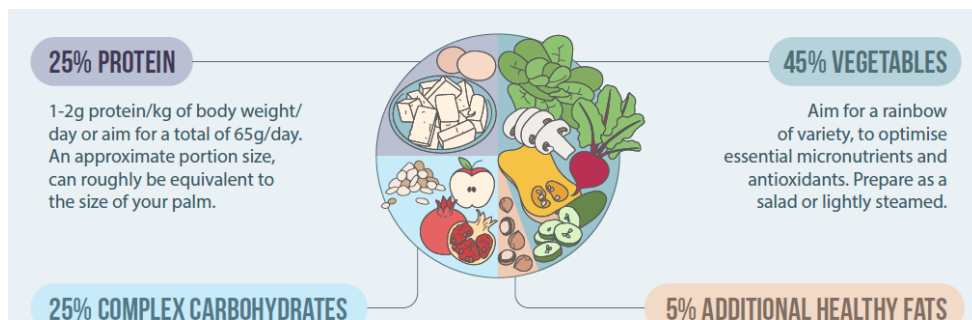
DIETARY SUPPORT

Breakfast - try and eat a breakfast with protein each day.

Idea - omlettes, scrambled eggs, hard boiled eggs, hummus with avocado and sourdough or sprouted bread (like Ezekiel).

Carbohydrate mixing - try and eat your carbohydrates, including fruit and sugars, along with protein and “healthy” fats (extra virgin olive oil, coconut oil, avocado, nuts and seeds) to help your body process them.

Mediterranean Style Diet - try and add more vegetables to each meal, eat the rainbow!



From wholegrains, fruits, and vegetables. Provides soluble fibre and resistant starch for satiety, healthy gut bacteria and hormone metabolism.

For valuable fat-soluble nutrients and essential fatty acids. Can take in the form of ½ an avocado, a handful of raw nuts and seeds, a sprinkle of dressing.

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. Regular walks for even 15 minutes after meals have been shown to regulate blood sugar and support healthy cholesterol levels.

Try to walk every day for 30-45 minutes cumulatively, particularly after meals.