

Prescription

ID: 633128/02/2023

Patient Details:

Pattie Jeffers



ReMed Natural Medicine Clinic

ABN: 74 143 728 107

Client Note

Horsechestnut complex: support varicose veins and reduce discomfort in legs
PHGG: support healthy bowel movements
Herbal Tincture: support immune system and adrenals.
EnergyX: magnesium and B vitamins with adrenal support

| Supplement | Breakfast | | | Lunch | | | Dinner | | | Bedtime |
|--|-----------|-------------------|-------|--------|--------|-------|--------|-------------------|-------|---------|
| | Dose | | | Dose | | | Dose | | | |
| | Before | During | After | Before | During | After | Before | During | After | |
| | | glutagenics scoop | | | | | | glutagenics scoop | | |
| ORTHOPLEX WHITE GIT IMMUNOBIOTIC POWDER 150G | | 1 tsp | | | | | | | | |
| NO GST Orthoplex MultiGen Biotic 60C | | 1 capsule | | | | | | | | |

Additional Information

Dietary Advice

Avoid ALL sugar, including honey
Start on bone broth again

Lifestyle Advice

Walking on strand every second day for half a lap, or daily if you feel you can.

Practitioner

Vera Dahlstrom

Next Appointment

When test results are back - will call