



**Date:** 20/2/2045

**Name:** Jarrah Hynes

**Prescription:**

Phgg	1-2 tablespoons daily
Orthoplex zinc	1 capsule monday- friday <b>after breakfast</b>
Herbal formular	1 squirt 15 minutes before meals

**Other:**

- Aim for 20 different wholefoods weekly eg red legumes, rice, buckwheat, chia, apples. Diversity in fresh fruit, veg, nuts, seeds, grains etc. Try for 30 wholefoods the following week!
- Pana ice cream from coles, or dairy free magnums
- Introduce a small amount of dairy and see how he feels
- Full blood count including vitamin D, Zinc, active B12, iron studies - taken 2 weeks prior to next visit
- Floradix in the evening

Reasses in 3 months time