



NATUROPATHIC PROTOCOL

Including adjustments to previous prescriptions

Morning (7-9am)

Take with meal, away from pharmaceutical medication

- Take 3 capsules of Green Superfoods
- Take 1 capsule PrimerPlus
- Take 1 tablet of Astragalus Complex
- Take 1/2 tablespoon of SolvClear, in water

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 1 capsule PrimerPlus
- Take 1 tablet of Astragalus Complex
- Take 1/2 tablespoon of SolvClear, in water
- (After 1 week, if gut feels normal, take 3 capsules Green Superfoods)

Night (9pm+)

Take 1 hour+ AWAY from meal

- Take 1 capsule of VegeNac

Diet & Lifestyle

- Increase water to 3L
- Decrease soft drink/substitute
- Increase fibre
- Formal exercise