

6.03.25

Treatment plan for Melody Freestone

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		9 mls				9 mls			
Adrenotone		2				1			
BIO D + K2							1		
Bone Matrix							2		
L-Theanine		1				1			
DHA + Choline		1							
Bioenhanced Methyl B			1						
MediMag Sleep <b>as needed</b>									1 scoop
Dr Chapmans Gut protocol	As directed								
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

**Gluten-Free.** Watch intake of high histamine/fermented foods.

### Rules to Reverse Insulin Resistance (more keto style of eating plan, dropping carbs!)

Prioritise Protein + less starchy veg/salad for all meals and snacks (Aim for 3 smaller main meals with two small snacks)

Avoid carbohydrates and sugars (No refined 'white' simple carbs/sugars)

Swap out bread/carbs for extra protein and salad. No carbs after 4 pm/6 hrs before bed.

Eat in order off plate- 1/.salad (as an entrée) then 2/.protein, 3/.fats and 4/.carbs last if possible

No naked carbs (No carbs on an empty stomach). Limit alcohol

Exercise 5-6 x weekly for a minimum of 45 minutes, including resistance exercise.

Avoid all trans/hydrogenated fats i.e margarine, seed oils and processed foods

Opt for above-ground less starchy veg and salad only,

Opt for berries, no high-sugar fruits, dried fruit, grapes or meals

Drink 2-3 litres of quality purified alkaline water daily (away from meals)

Replace a meal with a high protein, low carb protein (WPI) shake.

**Phytoestrogen foods (Include 2-3 serves daily)** – Soy, tofu (non-GMO and organic) fermented Soy milk is preferred (Bonsoy) Edamame, Flaxseed meal (store in the fridge, sunflower seeds, berries, apples, alfalfa sprouts, broccoli, cabbage

Sunshine ☀ daily before 9 am, watch sunrise and sunset as often as possible.

**Herbal 500mls** (Mediherb where possible) Black Cohosh 80, Fennel 90, Tongkat Ali 150, Gymnema 100, Wild Yam 80 – 9mls bd

**Next appointment:** as needed