



NATUROPATHIC PROTOCOL

STAGED APPROACH: STAGE 1 (Week 1-2)

Will slowly wean onto all the supplements, don't want to overwhelm your system especially with sensitive gut.

SET CALENDAR REMINDER FOR 2 WEEKS TO MOVE TO STAGE 2!

Morning (7-9am)

Take with meal, away from pharmaceutical medication

- Take 2 capsules NuAdapt

Meals (throughout the day)

Take 5 minutes before meals, or during.

- Take 1 capsule Heartburn
Essentials, 3 x a day

(if not eating 3 meals, take with 2 meals a day)

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 2 capsules NuAdapt

Diet & Lifestyle

- Increase water to 2-3L
- Decrease processed carbohydrates
- Increase fibre
- Formal exercise



NATUROPATHIC PROTOCOL

STAGED APPROACH: STAGE 2 (Week 3-4)

Will slowly wean onto all the supplements, don't want to overwhelm your system especially with sensitive gut.

SET CALENDAR REMINDER FOR 2 WEEKS TO MOVE TO STAGE 3!

Morning (7-9am)

Take with meal, away from pharmaceutical medication

- Take 2 capsules NuAdapt
- Take 1 capsule Innate Immune Support

Meals (throughout the day)

Take 5 minutes before meals, or during.

- Take 1 capsule Heartburn

Essentials, 3 x a day

(if not eating 3 meals, take with 2 meals a day)

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 2 capsules NuAdapt
- Take 1 capsule Innate Immune Support

Diet & Lifestyle

- Increase water to 2-3L
- Decrease processed carbohydrates
- Increase fibre
- Formal exercise



NATUROPATHIC PROTOCOL

STAGED APPROACH: STAGE 3 (Week 5-6)

Will slowly wean onto all the supplements, don't want to overwhelm your system especially with sensitive gut.

**WHEN REACH THIS STAGE, BOOK A FOLLOW UP
APPOINTMENT TO REVIEW NEXT STEPS!**

Morning (7-9am)

Take with meal, away from pharmaceutical medication

- Take 2 capsules NuAdapt
- Take 1 capsule Innate Immune Support
- Take 2 capsules Lipotropic Detox

Meals (throughout the day)

Take 5 minutes before meals, or during.

- Take 1 capsule Heartburn
Essentials, 3 x a day

(if not eating 3 meals, take with 2 meals a day)

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 2 capsules NuAdapt
- Take 1 capsule Innate Immune Support

Diet & Lifestyle

- Increase water to 2-3L
- Decrease processed carbohydrates
- Increase fibre
- Formal exercise