



# NATUROPATHIC PROTOCOL

19/12/24

Including adjustments to previous prescriptions

## Morning (7-9am)

*Take with meal, away from pharmaceutical medication*

- Take 2 capsules of Womens Phase 1

## Mealtime

*Take 15 minutes before meals, or with.*

- Take 15 drops of Bittersweet Elixir , 3 x day

## In Between Meals

*Take at least 30 minutes AWAY from food*

- Take 15 drops of Anxiety Drops, 3 x day

## Evening (5-7pm)

*Take with meal, away from pharmaceutical medication*

- Take 1 capsule of ProbioMed

## Diet & Lifestyle

- Increase protein
- Cycle track