

# Overall Protocol

Including adjustments to previous prescriptions

## Morning, with breakfast:

- Take 2 x RealClarity (Mushrooms + Herbs)
- Take 2 x Women's 55+ Multivitamin

**Breakfast:** Take 1 enterozyme, 15 minutes before, or with, food

**Lunch:** Take 1 enterozyme, 15 minutes before, or with, food

**Dinner:** Take 1 enterozyme, 15 minutes before, or with, food

## Evening, around dinnertime

- Take 3 tablespoons of Cholesterol Mix (try and incorporate in dinner --- or divide throughout the day, some with breakfast)

# Shopping list

1. RealClarity (Mushrooms + Herbs) | order *via* [iHerb](#)
2. Women's 55+ Multivitamin | order *via* [iHerb](#)

## Optional

1. Oat Bran: order *via* [iHerb](#), another option on [iHerb](#)
2. Flaxseed: order *via* [iHerb](#)
3. Psyllium Husk: order *via* [iHerb](#)
4. Cacao: order *via* [iHerb](#) or another option [iHerb](#)
5. Acai: order *via* [iHerb](#)
6. Apple Peel: order *via* [iHerb](#)

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