



# NATUROPATHIC PROTOCOL

27/01/25

## Morning (upon awakening)

- Take 1 dropper of Vitex

Including adjustments  
to previous prescriptions

## Morning (7-9am)

*Take with meal, away from pharmaceutical medication*

- Take 7ml Liquid Herbs in water
- Take 1 tab x Zinc Citrate P5P Forte
- Take 2 caps x HistEase

## Meals

*Take 15 minutes before or with meals*

- Take 1 cap DAO with biggest meals, 2 x day
- (Take 2 caps x DigestZyme with biggest meals, 2 x day)

## Evening (5-7pm)

*Take with meal, away from pharmaceutical medication*

- Take 7ml Liquid Herbs in water
- Take 2 caps x HistEase
- Take 1 scoop x C Max

## Bedtime (9pm+)

- Take 2-3 caps x TriMag Supreme

## Diet & Lifestyle

- x Alcohol, Dairy
- Protein focus
- Castor Oil Packs
- Meditation