



NATUROPATHIC PROTOCOL

22/01/25

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 GenoMulti
- Take 2 caps x HistEase

Meals

Take 15 minutes before or with meals

- 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 3 caps x TriMag Supreme

Diet & Lifestyle

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