



# NATUROPATHIC PROTOCOL

Leah

Including adjustments to previous prescriptions

## Morning (7-9am)

*Take with meal, 1-2 hours away from pharmaceutical medication*

- Take 1 scoop AlkaMin Calm with water
- Take 1-2 MegaSpore (probiotic)

## With meals (3 x day)

- Take 1 capsule of Enterozyme, 15 minutes before meals

## Evening (5-7pm)

*Take with meal, 1-2 hours away from pharmaceutical medication*

- Take 1 scoop AlkaMin Calm with water

## Diet & Lifestyle

- Microbiome (Gut) Test
- 'Food Diary'
- Test Histamine tolerability