

26.07.24 Treatment Plan for Kym Chilton

Targets – Cardiovascular, Microcirculation Lipid ratios, Metabolic Syndrome, Detoxification/Oxidative stress/Gut and Liver repair, Inflammation

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal liver detox, gallbladder, stress, cognition, vascular repair, circulation. Microbiome balance, lipid ratios		9 mls				9 mls			
GI Repair repair gut wall	Mix all powders together	1 tsp							
Mito Xcell anti-ox, cellular integrity, cholest/lipids		1 scoop							
P2 Detox Liver detoxification		1 tsp				1 tsp			
Liposomal C + Lysine + Proline plaque, anti-ox		1/2 tsp of each							
Resist X Advanced liver repair/protect, reduce blood glucose and triglycerides			1				1		
N-Acetyl Cysteine Increase glutathione/reduce GGT and Inflammation		1 level scoop				1 level scoop			
Clinical Lipids reduce cholest/lipids, inflammation			1				1		
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Follow low carbohydrate Mediterranean Diet (rich in polyphenols, Omega 3 fats and fibre)

Reverse Insulin Resistance/metabolic syndrome, improve body composition and lipid ratios

Avoid all refined carbohydrates and sugars, Swap out bread/pasta/potatoes for extra protein and above ground veg, Avoid carbs 6 hrs before bed, Eat 4-6 smaller portion sizes meals/snacks, including at least one source of protein to satisfy hunger, No naked carbs (No carbs on an empty stomach), Limit alcohol and opt for low-carb options, Exercise 5-6 times weekly for a minimum of 45 minutes, including resistance exercise, **Avoid all trans/hydrogenated fats and seed oils i.e. margarine and processed foods, cook only with cold pressed extra virgin Olive and coconut oils, ghee, tallow**, opt for berries, no high-sugar fruits, dried fruit, grapes or melons, **Drink 2-3 litres of quality purified alkaline water daily**, Replace a meal with a high protein, low carb WPI or vegan protein shake, Add a protein source like collagen/WPI/almond meal/nut butter/Yopro to oats, **To reduce glycaemic load → eat protein, fat, and fibre rich foods first, carbs last**

Avoid excessive grilling, roasting, and barbequing of protein containing fats (ie meats)

Daily Vascular support foods – 1-2 pieces daily dark chocolate (85%), ginger, **garlic** (preferably raw 1/2 -1 clove daily) **turmeric***, berries 1/2 cup, **green tea* (1-2 daily)** *improves lipid ratios

AVOID CHEMICALS where possible, Wear protective clothing, gloves, masks

Additional Detox Suggestions - Infrared Saunas, 1-2 weekly for few months, dry skin brushing with hard bristle brush (towards the heart) before morning shower, Massage, Epsom salt baths (1 cup per bath) Hot/cold pools, Ghee Flush

Repeat Blood work to include **liver enzymes, electrolytes**, kidney markers, **fasting Blood glucose & Insulin**, triglycerides, Cholesterol, **LDL, HDL**, Apo A and B's, **full iron Studies**, B12, folate, **homocysteine, zinc, copper** (make sure you are fasted 10-12hrs, rested and hydrated)

Reassess in 4-6, post next bloods