

29.03.24

## Treatment Plan for Kym Chilton

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Mega Magnesium (stress support, blood pressure)			1 scoop						
Vitamin C + Zinc			¾ tsp						
Resist X Advanced (liver repair/protect, reduce blood glucose and triglycerides)			1				1		
N-Acetyl Cysteine (Increase glutathione/reduce GGT and Inflammation)			1 level tsp				1 level tsp		

*Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner*

### Reverse Insulin Resistance, improves hormone balance, body composition and cardiovascular health.

- Avoid carbohydrates and sugars (No refined 'white' simple carbs/sugars)
- Swap out bread/carbs for extra protein and above-ground veggies. No carbs after 4 pm/6 hrs before bed.
- Eat 4-6 smaller portion sizes meals/snacks, including at least one source of protein to satisfy hunger and regulate blood sugar.
- No naked carbs (No carbs on an empty stomach)
- No alcohol
- Exercise 5-6 x weekly for a minimum of 45 minutes, including resistance exercise.
- Avoid all trans/hydrogenated fats i.e. margarine and processed foods.
- Opt for above-ground less starchy veggies only. Avoid potato, sweet potato, and pumpkin. Minimize fruit, and opt for berries, no high-sugar fruits, dried fruit, grapes or melons
- Drink 2-3 litres of quality purified alkaline water daily (Mostly away from meals)
- Replace a meal with a high protein, low carb protein (WPI) shake.
- Add collagen/Whey protein (WPI) isolate/almond meal/nut butters/yopro to oats to increase protein

PROTEIN Animal sources (beef, lamb, game meats, offal, pork, chicken, fish, seafood, eggs, cheese, plain yoghurt/Yopro, whey protein powder, collagen) Vegan Sources (beans, lentils, split peas, chickpeas, tofu, nuts, seeds, nut and seed meals/butter, rice or pea protein)

Sunshine ☀️ daily

Record all food and fluid intake, noting down symptoms at the times they occur

Blood work in 3-4 weeks -Full bloods to include liver enzymes, electrolytes, kidney markers, **fasting Blood glucose & Insulin**, triglycerides, lipids, full iron Studies, B12, folate, **homocysteine**

### Next appointment:

Email through pathology results and diet record

