

12.03.25

CV/Metabolic, Detox Treatment Plan for Kym Chilton

| Herbs & Supplements | On Rising | Breakfast | | Lunch | | Dinner | | Away from Meals | Bed-time |
|---|--------------------------|---------------|-------|--------|-------|---------------|-------|-----------------|----------|
| | | Before | After | Before | After | Before | After | | |
| Herbal liver, lymph, kidney detox, anti-ox, gallbladder, stress, cognition, vascular repair, circulation. Microbiota | | 9mls | | | | 9mls | | | |
| Mito Xcell magnesium, Increase anti-ageing factors anti-oxidants | Mix all powders together | 1 scoop | | | | | | | |
| P2 Detox Liver detoxification | | 1 tsp | | | | 1 tsp | | | |
| N-Acetyl Cysteine Increase glutathione/reduce GGT and Inflammation | | 1 level scoop | | | | 1 level scoop | | | |
| Clinical Lipids | | | 1 | | | | 1 | | |
| Bio D + K2 calcium utilization, plaque prevention | | | 1 | | | | | | |
| Ubiquinol forte 150mg replace depleted coQ10 from statin medication, heart support | | | 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, improves hormone balance, body composition and cardiovascular health.

Avoid refined carbohydrates and sugars (No refined 'white' simple carbs/sugars) - Swap out bread/carbs for extra protein and above-ground veg - No 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 - - Avoid all trans/hydrogenated fats i.e. margarine and processed foods - Opt for above-ground less starchy veg only (Avoid potato, sweet potato, and pumpkin) - 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 WPI or vegan protein shake - Add a protein source like collagen/WPI/almond meal/nut butter/Yopro to oats to reduce glycaemic load.

Eat meal in follow order – fibre/above ground veg/salad → meat/protein → fats → carbohydrates (get in habit of have a salad starter)

Daily Vascular support foods – 1-2 pieces daily dark chocolate (85%), ginger, garlic (preferably raw ½ -1 clove daily) turmeric, berries ½ cup, green tea (1-2 daily)

Exercise 5-6 times weekly for a minimum of 45 minutes, including resistance exercise 2-3 x weekly

Sunshine ☀ daily

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

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**, **CRP** (make sure you are fasting 10-12hrs, rested and hydrated)

Reassess 8 weeks