

20.03.25

Treatment Plan for Bev Buttenshaw

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		5mls		5mls		5mls			
Alkamin essentials		1 scoop				1 scoop			
S.Bifido Biotic		1				1			
Caruso's Constipation Eze									

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

Extra Sunshine ☀ daily, before 9 am is best

Flaxseed Gel – 4 tablespoons daily (soak approx. two tablespoons of Flaxseeds/linseeds in 150mls water, soak overnight. Best to make a batch to last 5-7 days each time.

Eat regularly – protein, variety of coloured veg (colours of the rainbow to include daily dark green leafy veg, berries (pref organic, frozen is fine)

Tiny pinch of sea/**Celtic salt in water**, first thing In the morning

Herbal teas after meals- ginger, peppermint, fennel, aniseed, chamomile

Daily mindfulness – eat slowly in a relaxed environment, stretching, YouTube videos from home, i.e. pilates, yoga, focus on breath. Refer to the chart given for more ideas on keeping a calm mind.

*Dietary and symptoms record form to complete

Next appointment: 3 weeks, Bring Diet record sheets