

7.10.24

Treatment Plan for Lyn Blake

| Herbs & Supplements | On Rising | Breakfast | | Lunch | | Dinner | | Away from Meals | Bed-time |
|---|-----------|-----------|-------|--------|-------|--------|---------|-----------------|----------|
| | | Before | After | Before | After | Before | After | | |
| Herbal | | | 8mls | | | | 8mls | | |
| Bio-D + K2 | | 2 drops | | | | | | | |
| PreDop lift Minerals | | | | 2 | | | | | |
| Green calcium Minerals | | | | | | | 2 | | |
| Gut-R | | 1 scoop | | | | | | | |
| MagTaur xcell Minerals | | 1 scoop | | | | | | | |
| Collagen | | 1 dstsp | | | | | | | |
| N-Acetyl Cysteine | | 1 scoop | | | | | 1 scoop | | |
| NeuroRegenex | | 2 | | | | | | | |
| Melatonin | | | | | | | | | 1-2 |
| Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner | | | | | | | | | |

Mediterranean diet – More protein!

Gluten and Sugar-free

First thing on waking - whey protein in a small amount of water or swap out for 2 cashews + 2 Brazil nuts + 2 almonds

5 meals/snacks daily. Eating min every 3 hours always including protein

Detox smoothie daily few times a week

Include daily avocado, nuts, almonds*, brazil nuts* seeds, bok/pak* choy, berries, cocoa/cacao, 85% dark chocolate, green tea, ginger, turmeric, garlic

Animal sources - beef, lamb, chicken, fish/tuna dip, seafood, eggs, cheese, Yopro yoghurt, Whey protein powders, Collagen
Vegan Sources - beans, lentils, tofu, nuts, seeds, nut and seed meals, nut and seed butter, protein powders

Infrared Saunas weekly