

18.07.24

## Treatment Plan for Lyn Blake

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal			9mls				9mls		
Pure D		2 drops							
Green calcium Minerals							2		
K2		1							
MagTaur xcell Minerals		3/4 scoop							
Collagen		1 dstsp							
N-Acetyl Cysteine		1 scoop					1 scoop		
NeuroRegenex		2							
N-Acetyl L-Tyrosine	Take 1 level scoop in water/juice on empty stomach twice daily. As this increases Dopamine, take away from Madopar by 2 hours. Start once finished trialling the higher dose of Madopar.								
Melatonin									1
S.C.F.			2 suck/c hew				2 suck/ch ew		
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

## Gluten and Sugar-free

- ✓ Mediterranean diet
- ✓ Detox smoothie daily (as given)
- ✓ include daily avocado, nuts, almonds\*, brazil nuts\* seeds, bok/pak\* choy, berries, cocoa/cacao, 85% dark chocolate
- ✓ 5 meals/snacks daily. Eating min every 3 hours always including protein.

Animal sources (beef, lamb, game meats, offal, pork, chicken, fish/tuna dip, seafood, eggs, cheese, Yopro yoghurt, Whey protein powders, Collagen) Vegan Sources (beans, lentils, split peas, chickpeas, tofu, nuts, seeds, nut and seed meals, nut and seed butter, rice/pea/seed protein powders)

- ✓ Infrared Saunas weekly