

Lyn Blake 16.04.22

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		10mls				10mls			
Methyl B12 phase out		Suck ½							
Mito Xcell		1 scoop							
Gut RX		1 scoop				1 scoop			
Clinical lipids			2				2		
Liposomal C one course only		1 tsp				1 tsp			
NAC		1 scoop				1 scoop			
Pre DOP Lift	2								
Vitamin D switch to Rapid D		1							
Spatone		1 Sachet							
Zinc Picolinate							1		
Metagest Enzymes		1-2		1-2		1-2			
Motion potion switch to Probiotica Regenerex									1-2 serves
Melatonin									1 suck

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

Follow Mediterranean diet, including good fats from avocado, nuts, seeds daily. Include 1 cup of berries daily (fresh or frozen)

Eat 5 meals/snacks daily. Eating min every 3 hours always including protein (meat, poultry, seafood, fish, Yopro yoghurt, legumes/beans, whey protein, nuts, seeds, avocado, cheese, paleo muesli)

Drink min 2 litres purified water daily.

Record diet, symptoms, water intake, blood sugar, Blood pressure and pulse

Your Next Appointment: reassess in 4 weeks

Please give 24 hrs notice if you need to reschedule your appointment, to enable others the allocation of this time.