

26.03.25

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 start back on in 3 months							1		
PreDop Minerals (alternative to Madopar)				2					
Bone Matrix Minerals							2		
MagTaur xcell Minerals			Mix all together and take around 10am	1/2 scoop					
Bentofiamine				2 small scoops					
Collagen				1 dstsp					
N-Acetyl Cysteine				1 scoop					
NeuroRegenex		2							
Algal EPA DHA		1				1			
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**

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

Detox smoothie a 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