

13.02.24

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 | | 4 sprays | | | | | | | |
| Green calcium Minerals | | | | | | | 2 | | |
| Liposome Vitamin B12 | | | 1 dropperful | | | | | | |
| MagTaur xcell Minerals | | 3/4 scoop | | | | | | | |
| Collagen | | 1 dstsp | | | | | | | |
| N-Acetyl Cysteine | | 1 scoop | | | | | 1 scoop | | |
| NeuroRegenex | | 1 | | | | | 1 | | |
| 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 |
| | | | | | | | | | |
| | | | | | | | | | |
| 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
- ✓ 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