

Amanda Stocki 5.07.23

Supplements	On Rising	Breakfast Before	Breakfast After	Lunch Before	Lunch After	Dinner Before	Dinner After	Away from Meals	Bedtime
Herbal LivCo		10mls				10mls			
Mag taur Xcell	Mix all powders together in water	2				2			
N-Acetyl cysteine		1 scoop				1 scoop			
Anti-Viral (take extra 1-2 doses if feeling low grade viral)			5ml				5ml		
Resist X Advanced			1				1		
Liposomal D3 + K2 Hold in mouth for 30 secs							4 sprays		
Clinical Lipids			1				2		
Zinc Picolinate							1		
Sleep X									1 scoop 15mins before bed
NeuroCalm use as needed with stress, anxiety and sleep			1		1				1 if needed for sleep
<b>Post AntiBiotics</b>									
S.Bifido biotic		1				1			
Probiotica Clinical		1 sachet							

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

### Gluten, Dairy and refined carbohydrate and sugar-free

**Eat 4-5 smaller meals/snacks per day.** e.g 3 smaller main meals and 2 small snacks in between.

**Include one source of protein** with all meals and snacks

**Improving blood sugar balance-** **No naked carbs**, No carbohydrates after 3 pm 6/7 days per week. Try swapping out some carbohydrates/Starches at breakfast and lunch and replace them with above-ground (starch-free) salad/veggies. Check out the Shake It recipe book provided for low-carb suggestions.

**EXERCISE 3-5 x weekly + YOGA 1-2 x weekly for stress reduction**

Drink 2-3 litres of preferably purified alkaline water daily *Best mostly sipped between meals.*

*In 2-3 months – request full bloods to include liver enzymes, iron, B12, folate studies, platelets, thyroid, reverse T3?, zinc, Vitamin D, fasting BG, lipids*

Your Next Appointment: 8 weeks

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