

## 8.02.24

### Treatment plan for Amy Kos

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal	Increase to 3 x daily with viral activation	7.5mls				7.5mls			
MagTaur Xcell		½ scoop							
Myo- inositol		1 scoop				1 scoop			1
Collagen		1 dsp							
Hemidesmus Complex	Start on 2 tablets twice daily with signs of thyroid inflammation/viral activation (voice changes/breaking, fatigue, brain fog or where TSH and thyroid antibodies have risen)								
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

**\*Take all supplements a minimum of one hour after Oroxine medication**

#### Gluten-free

Monitor response to all gluten, grains, dairy, Soy, corn and/or eggs, as may trigger the reactivation of old viruses.

Eat weekly -Brazil nuts (Selenium), Dulse/kelp or sea moss (Iodine and trace minerals)

Increase Iron-rich foods (good quality red meats once weekly)

Watch excess intake of goitrogenic foods – Kale, broccoli, Cauliflower, cabbage, Brussels sprouts

14-hour fasts only

BLOODS (8-10 weeks) Ensure compliance of the above treatment plan, prior, also make sure you are fasted, rested and hydrated. Full bloods to include liver enzymes\*, Thyroid (TSH\*, T3\*, T4\*, thyroid AB\*) iron studies, electrolytes and kidney markers.

**Repeat herbs and supplements until, the next appointment in 8-10 weeks (post-blood work results)**