

16.11.23

Treatment plan for Amy Kos

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		9mls				9mls			
Mag taur Xcell		1 scoop							
Myo- inositol		1 scoop				1 scoop			1
Fish oil/Flaxseed oil/Udos' Oil									
Collagen		1 dstp							

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

Limit gluten intake. Monitor response to gluten, dairy, Soy, corn and eggs, as may trigger the reactivation of old viruses

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

Keep fasting for 14 hours.

Brazil nuts – for Selenium content

Dulse/kelp or sea moss a few times weekly.

Blood work with GP → full bloods to include liver enzymes*, Thyroid (TSH*, T3*, T4*, thyroid AB) iron studies, B12, folate.

Australian Bush Flower Essences – Pink Mulla Mulla, Boab, Sunshine Wattle, Southern Cross, Spinifex, Bush Iris

Fir and heat trauma - Mulla Mulla (externally also on inflamed/hot skin)

Next appointment in 4 weeks, Post blood work results