

15.02.24

Treatment Plan for Alan Wilson

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal Microcirculation, anti-oxidant, nerve repair and nerve/cell protection, stress adaption, stamina, anti-inflammatory		8mls				8mls			
N-Acetyl Cysteine Increases body's own glutathione cell defence, anti-inflammatory		1 level scoop				1 level scoop			
Vitamin B12 Methylated form of vitamin B12, nerve, energy function Store in fridge		1 dropper full							
Supplements below are to finish and phase out..									
NeuroRegenex		1				1			
MagTaur Xcell/ MitoXcell (alternate daily) Minerals – Take an hour away from Parkinson's medication		1 scoop							
N-Acetyl L-Tyrosine		1 scoop							
D3 K2 spray Hold in the mouth for 30 seconds before swallowing		4 sprays under the tongue							
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Mediterranean diet

- ✓ Detox smoothie daily (as given)
- ✓ Eat 4-5 smaller more frequent meals and snacks each day, including protein. Aiming for 3 smaller main meals and 2 small snacks between meals. This will assist in keeping blood sugar stable
- ✓ **include daily BRAIN SUPERFOODS (microcirculation integrity and nootropic) as often as possible- Cocoa, Beetroot (especially juice), All berries (esp wild blueberries) garlic (fresh and raw ½ - 1 clove), turmeric, ginger, green tea,**
- ✓ Good fats and nutrient-dense foods - avocado, nuts (almonds, brazil nuts) all seeds (chia seeds), Asian greens/ dark green leafy vege, coconut water
- ✓ Infrared Saunas ✓ Yoga exercises for constipation. Use YouTube videos at home daily
- ✓ Increase water Intake. 2 litres daily. Mostly in the first half of the day

Record all food and fluid intake, on sheets provided. Noting down symptoms at the times they occur. Don't forget to include medication and supplements taken or changes to these regimes that may occur

Blood work (quarterly, email through) - Full bloods to include thyroid, electrolytes, liver enzymes/kidney markers, full iron studies (B12, folate), magnesium, lipids

Next appointment: May 2024 (post new blood work results)