

25.01.24

Treatment Plan for Angus Chadwick

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Arthrex (contains collagen) with protein powder into smoothie	1 scoop								
Herbal		9mls				9mls			
Mag Taur Xcell				1 scoop					
S.Bifido Biotic		1				1			
Clinical lipids			2				2		
Blackmores Sleep									2
Resist X Advanced			1				1		
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

No carbohydrates or Sugars after Midday.

Monitor high FODmap foods and triggering of bloating and abdominal gas.

Reverse Insulin Resistance, improve body composition and cardiovascular health.

- Avoid all Refined carbohydrates and sugars (No refined 'white' simple carbs/sugars)
- Swap out bread, carbs for extra protein and vege. No carbs after 4 pm/6 hrs before bed.
- Eat 4-6 smaller portion sizes meals/snacks, including at least one source of protein
- No naked carbs (No carbs on empty stomach)
- No alcohol
- Exercise 5-6 x weekly for a minimum of 45 minutes, including resistance exercise.
- Avoid all trans/hydrogenated fats i.e margarine, processed foods
- Opt for above-ground vege only, Less starchy vege- potato, sweet potato, pumpkin. Minimize fruit, and opt for berries, no high-sugar fruits, dried fruit, grapes or melons
- Drink 2-3 litres of quality purified alkaline water daily
- Replace a meal with a high protein, low carb protein (WPI) shake.

PROTEIN Animal sources (beef, lamb, game meats, offal, pork, chicken, fish, seafood, eggs, cheese, plain yoghurt, whey protein) Vegan Sources (beans, lentils, split peas, chickpeas, tofu, nuts, seeds, nut and seed meals/butter, rice or pea protein, collagen)

Record all food and fluid intake. Noting down symptoms at the times they occur on recording sheets given.

Bring to Next appointment in 4 weeks

Dietary sheets