

7.11.23

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) Herbal	1 scoop	10mls				10mls			
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 sugars or refined carbohydrates

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

Eat 4-6 smaller more frequent meals and snacks each day. Aiming for 3 smaller main meals and 2 small snacks between meals

Include at least one source of protein with each meal and snack from a variety of animal and vegan sources. Try a protein shake for breakfast (whey protein isolate)

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

Drink 2-3 litres of quality purified alkaline water daily. Sip mostly between meals to avoid diluting digestive enzymes at meal times.

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

Exercise 3-5 x weekly for a minimum of 45 minutes, including resistance exercise.

GP – full bloods to include – cholesterol, LDL, HDL, triglycerides, fasting Blood glucose, fasting insulin, thyroid, coeliac, iron studies, B12, folate, inflammatory markers

Bring to Next appointment in 4 weeks

Pathology results, dietary sheets