

14.01.25

Treatment Plan for Alex Danilov

| Herbs & Supplements | On Rising | Breakfast | | Lunch | | Dinner | | Away from Meals | Bed-time |
|---------------------|-----------|-----------|-------|--------|-------|---------|-------|-----------------|----------|
| | | Before | After | Before | After | Before | After | | |
| Gut R | | 1 scoop | | | | | | | |
| S.Bifido Biotic | | 1 | | | | 1 | | | |
| MagTaur Xcell | | 1 scoop | | | | | | | |
| Herbal | | 7.5mls | | | | 7.5mls | | | |
| NAC | | 1 scoop | | | | 1 scoop | | | |
| | | | | | | | | | |
| | | | | | | | | | |

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

Kidney Friendly Diet

Additionally avoid gluten, eggs, dairy, soy and Corn

Reverse Insulin Resistance, improves hormone balance, body composition and cardiovascular health.

- Avoid 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 an 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 veg only, Less starchy vege- potato, sweet potato, pumpkin. Minimise fruit, and opt for berries, no high-sugar fruits, dried fruit, grapes or melons
- Drink 2-3 litres of quality purified alkaline water daily (Mostly away from meals)
- Add collagen/Whey protein (WPI) isolate/almond meal/nut butters/pro to oats to increase protein

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

Sunshine ☀️ daily

Record all food and fluid intake, noting down symptoms at the times they occur

Blood work -Full bloods to include liver enzymes, electrolytes, kidney markers, fasting Blood glucose & Insulin, triglycerides, lipids, full iron Studies, B12, folate + vitamin D, Zinc

Next appointment:

Email through pathology results and diet record