

Andrew Simpson 4.06.20

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
S.Bifdo Biotic		1				1			
IM Repair		1 tsp				1 tsp			
Ultrabiotic 500		¼- ½ tsp							
Herbal		8mls				8mls			
Estro-Sense		1				1			
Mag taur Excel		½ scoop							

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

Keep alcohol to a minimum

No packaged processed foods.

Increase water intake gradually sipping between meals, aiming to reach 2 litres daily.

Vagus Nerve

GP → Helicobacter pylori (breathe test)

Add small amounts of wakame, Dulse or kelp to food daily

Record Diet and symptoms

Add protein to start and middle of day (nuts, protein powder, avocado)

Pending: MTHFR, Food sensitivity test

Your Next Appointment: 6-8 weeks

Please give 24 hrs notice if you need to reschedule your appointment, to enable others the allocation of this time.