

Angela Conte 14.05.20

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Hydrozyme		1		1		1			
Multigest enzymes (phase out)		1		1		1			
S.Bifido Biotic		1				1			
Herbal		5mls		5mls		5mls			
Withania Complex		2				2			
Lysine 1000mg (increase with outbreak)		1				1			
Mag Taur Xcell		1 scoop							
Bioceuticals Liposomal methyl B12	1 spray								
Pyrrole Protect							1		
Herbs of Gold calcium K2 with D3			1						1

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

Strictly avoid gluten, dairy, refined sugars and carbohydrates and alcohol

Flaxseed oil → 1 tablespoon daily (add to salads, smoothies or take off spoon and follow with water)

Increase water intake maintaining min 2 litres daily away from meals by min 30 minutes

Herbal Cream → apply to affected area with sanitized hands. Be careful not to contaminate cream (May stain clothes and sheets)

Record all dietary intake. Also record symptoms like anxiety, headaches, gut symptoms, sleep patterns etc at approximate time in the day in red pen or highlighted if you can.

Your Next Appointment: 2-3 weeks

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