

Ann Knowles 12.05.21

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
S.Bifido biotic (finish off)		1							
Probiotic		1							
Herbal		7mls		7mls		7mls			7mls
Mag tau Xcell		½ scoop		½ scoop					
Melatonin									1-2 chew

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

Gluten free

Eat 4-5 smaller meals always **including protein** (egg, avocado, cheese, nuts, seeds, lentils, beans vegan or whey proteins)

Vegan protein → raw Amazonia, Prana, Nutra organics

Increase water to 1.5-2 litres per day

Good sleep hygiene → stay off technology at least 2 hours before bed,

Record diet and symptoms, blood pressure where they happen

GP → full thyroid to include thyroid antibodies if possible

Series of treatments with Reza (Robina) to balance Nervous system balancing

Your Next Appointment: 4 weeks

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