

Ann Knowles 22.07.21

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Probiotic (every other day)		1							
Herbal		8mls		8mls		8mls			
Melatonin									1-2 chew
Macu-Guard (herbs of gold)		1							
Anti-Viral		5mls							
Only bring in supplements as below when feeling Low grade virus is active → scratchy throat, fatigue, foggy, mental fatigue, dizziness, low mood									
Thompsons Vitamin A 10,000iu		3	Take these two together at same for <u>10 days only</u>						
Phospholipid		1							
Anti-Viral herbal	Increase dose to 5 times daily until virus symptoms subside								
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

Gluten free

Cut temaze down to half and monitor how feel next day.

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,

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.