

April Ireland 22.07.21

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Gut Rx		1 heaped scoop							
S.Bifido Biotic		1				1			
Multiflora		1							

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

Follow gut rejuvenation protocol above for minimum of 8 weeks. Repeat if necessary or continue with just multiflora and Gut RX if gut inflammation still present.

Strictly avoid all moderate, high and very high reactive foods on food panel for 8 weeks, or longer if symptoms still persist.

If clear of symptoms in 8 weeks, add back one food at a time and wait for reaction for 4 days before reintroducing the next. Omit again if reaction occurs, otherwise add next food and so on.

Most problematic foods can be enjoyed again in the future in moderate amounts a few times weekly, however you need to learn your own tolerance limit.

Your Next Appointment: 8 weeks if needed.

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