

April Ireland 17.12.20

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		7.5mls				7.5mls			
Mag taur Xcell		1 scoop							
Andro NK			1				1		

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

Continue Paleo eating (strictly no Gluten, refined sugars or eggs)

Regular eating, with min 6 meals/snacks daily. Eating every 2-3 hours, ALWAYS INCLUDING PROTEIN.

GP → full iron studies including ferritin, B12, folate, liver enzymes, Thyroid, hormones, fasting blood glucose*

Record diet, eating times, and symptoms daily. Also note day of cycle each day. i.e. day 1 being first day of menses.

Your Next Appointment: Thursday 14th January 9.30am.

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