

Asha Redden 22.12.22

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		7.5mls				7.5ml			
S,Bifido biotic		1				1			
Mag taur Xcell		1 scoop							
Spatone		1 sachet				1 sachet			
Flaxseed Oil/udo's Oil		1 dstsp							

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

Avoid Refined Sugars, Dairy, Yeast, MSG (monosodium glutamate) 621, 620

Avoid take away and processed foods.

Eating whole food diet.

Try ice packs for itchy skin until subsides

Use Selsun shampoo to treat white skin patches 3 x weekly

Your Next Appointment: 3 weeks

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