

Treatment Plan

DATE:

3rd April 2025

NAME

Peter Sirasch

DURATION

6 weeks

OBJECTIVE

Alkalise, reduce inflammation, and improve overall health, well-being and stress adaption

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal	7.5mls					7.5mls			
Alkamin Calm	1 scoop								
Methyl B12	5 drops								
Curcuma Forte	1					1			
Milk Thistle	1								

DIET & LIFESTYLE

Good clean eating, avoid inflammatory foods

Include protein and good fats with every meal and snack

Sunshine daily

*Request B12, Iron and ferritin to be included in the next blood work.

NEXT APPOINTMENT

Reassess in 6 weeks