

10.05.23

Treatment & Detox Plan for Jen Segail

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
G-tox express		1 scoop				1 scoop			
Clinical lipids/Meta EPA/DHA			1				1		
Probiotic 55 Billion finish off		1							
Herbal		7.5mls				7.5ml			
LivCo		1				1			
Resist X advanced			1				1		
Thermoburn			1		1				
Calm X		1 scoop							
Mito xcell		1 scoop				1 scoop			
Probiotica Regenex fibre powder								1-2 scoops	
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Shake-it Low-fat program

Trial adding in 14-hour fast 2 days per week (non-consecutive days) for a minimum of 4 weeks, up to 12 weeks is optimal to reset metabolism. Fastings days skip one meal to reduce overall calorie intake

Vege juice- vege with ginger, celery, carrot, lemon with peel

Ketostix- check 1-2 x daily.

VLA in 2-3 weeks with Cindy

Ensure your eating every 3-4 hours to stabilize blood sugar

Water- minimum of 3 litres daily. Sipping frequently over the day. Thirst usually increases. Purified Alkaline water is preferable.

Increase exercise intensity for a minimum of 45mins 4-6 x week. Good 8 hours of sleep each night.

Next appointment: 3 weeks