

11.07.23

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							
Clinical lipids/Meta EPA/DHA			1				1		
Probiotic 55 Billion finish off		1							
Herbal		9mls				9mls			
LivCo finish off		1				1			
Resist X advanced			1				1		
Thermoburn			1		1				
Calm X		1 scoop				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

On the home run with only 5 kilos to go! 🍌 😊

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

Ketostix- check intermittently 1-2 x daily.

Ensure your eating snacks in between (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.

Yoga 3-5 x weekly. Utilize Youtube videos from home. Perhaps a short one before bed to improve sleep quality 😴

Utilise exercise, a minimum of 45-60mins 3-5 x a week to help reach your goal by October

Next appointment: 8 weeks