

16.03.23

## Treatment Plan for Jen Segail

| Herbs & Supplements | On Rising | Breakfast |       | Lunch  |       | Dinner |       | Away from Meals | Bed-time |
|---------------------|-----------|-----------|-------|--------|-------|--------|-------|-----------------|----------|
|                     |           | Before    | After | Before | After | Before | After |                 |          |
| Phyto pro           |           | 2         |       |        |       |        |       |                 |          |
| Finish off          |           | 1         |       |        |       |        |       |                 |          |
| Multiqen            |           |           |       |        |       |        |       |                 |          |
| Herbal              |           | 7.5mls    |       |        |       | 7.5ml  |       |                 |          |
| Resist X advanced   |           |           | 1     |        |       |        | 1     |                 |          |
|                     |           |           |       |        |       |        |       |                 |          |
|                     |           |           |       |        |       |        |       |                 |          |
|                     |           |           |       |        |       |        |       |                 |          |

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

## Shake-it Ketogenic program

Water- minimum of 3 litres daily. Thirst usually increases. Purified Alkaline water is preferable

Exercise min 40mins 4-6 x week. Good 8 hours sleep each night

If symptoms persist, test for Helicobacter Pylori (increased appetite, sense of fullness after small amount of food, nausea, stomach burning, burping, reflux)

**Next appointment In 3 weeks**