

21.03.23

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 <i>Finish off</i>		2							
Multigen/Probiotic		1							
Herbal <i>increase to two daily if threat of outbreak</i>			5mls						
Resist X advanced			1				1		
Calm X		$\frac{3}{4}$ scoop				$\frac{3}{4}$ scoop			

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

Shake-it Ketogenic program

Add in 3 small/½ serve healthy carbohydrates to the ketogenic shake-it program to ensure not swinging into keto-acidosis (need to avoid the browns on colour key chart)

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.

Exercise min 40mins 4-6 x week. Good 8 hours of 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 Friday 31st March 12 pm