

31.03.23

Treatment Plan for Jen Segail

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Clinical lipids		1				1			
Probiotic		1							
Herbal extra dose if needed		5mls							
Resist X advanced			1				1		
Calm X		1 scoop				1 scoop			
Mito xcell		1 scoop							
Probiotica Regenex fibre powder		2-6tsp							
Vitamin E Synergy			1						
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Shake-it Ketogenic program

Add in 1-2 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

Next appointment 9th May@ 2pm