



# NATUROPATHIC PROTOCOL

Jamie

Including adjustments to previous prescriptions

## Morning (7-9am)

*Take with meal, away from pharmaceutical medication*

- Take 1 scoop Cinnatol in water
- Take 1 capsule O Balance
- Take 8ml Herbal Mix

## Dinner (9-11am)

*Take 1 hour AWAY from meal*

- Take 1 scoop Cinnatol in water
- Take 1 capsule O Balance
- Take 8ml Herbal Mix
- Take 1 capsule Megaspore (start every 2<sup>nd</sup> day)
- Take 2 capsules Opti EPA/DHA + SPM

## With meals *Take 15 minutes before or with meals*

- Take 1 x capsule Enterozyme

## Every **2nd** Night

*Take AWAY from food & other supplements by 1/2-1 hour*

- Take 1 capsule BioHeme

## Bedtime (10pm+), as needed

*Take away from pharmaceutical medication*

- Take 2 capsules Somni Support
- Take 1-3 capsules TriMag Supreme

## Diet & Lifestyle

- **STOP Berb-evail**
- Ovulation tracking (mucus & BBT)
- Pelvic Floor Physio
- Gentle Exercise: Pilates/Yoga