

27.02.25

Treatment Plan for Michelle Newby

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		7.5mls				7.5mls			
MagTaur Xcell	Mix together	1 scoop							
P2 Detox		1 tsp				1 tsp			
NAC		1gm				1gm			
Hydra Liver FX		1				1			
Switch Berberine			2				2		

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

Gluten-free. Keep dairy minimal

Suggest a Ketogenic diet to Reverse Insulin Resistance, and improve hormone balance, body composition and cardiovascular health.

Sunshine ☀ daily or light on the face before 9 am. This improves mood and sleep

Exercise 4-6 times weekly, including resistance exercise

Dr Jennifer Cortez (Robina Medical and Dental)

Suggested Blood work - Full bloods to include liver enzymes, electrolytes, kidney markers, fasting Blood glucose & Insulin, triglycerides, lipids, full iron Studies, B12, folate + vitamin D, Zinc, female hormones (prolactin, oestrogen, progesterone, LH, FSH, Testosterone, SHBG)

Next appointment: 5-6 weeks

Email through pathology results