

6.11.24

Treatment Plan for Haylee Macken

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		9mls				9mls			
L- Phase from day 15 to day 28 of cycle	h	1				1			
MagTaurXcell let me know when finished this one		1 scop							
NAC		1 scoop							
Gut-R		1 scoop							
Resist X Advanced			1				1		
S. Bifido Biotic		1							
Melatonin									1
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Gluten-free

Reverse Insulin Resistance, improve hormone balance, body composition and cardiovascular health.

- Avoid refined carbohydrates and sugars (No refined 'white' simple carbs/sugars)
- Swap out bread, carbs for extra protein and vege. No carbs after 4 pm/6 hrs before bed.
- Eat 4-6 smaller portion sizes meals/snacks, including at least one source of protein
- No naked carbs (No carbs on empty stomach)
- Limit alcohol
- Eat meal in order of protein, fats, veg, then carbohydrates
- Exercise 5-6 x weekly for a minimum of 45 minutes, including resistance exercise.
- Avoid all trans/hydrogenated fats i.e margarine, processed foods
- Opt for above-ground vege only, Less starchy vege- potato, sweet potato, pumpkin. Minimize fruit, and opt for berries, no high-sugar fruits, dried fruit, grapes or melons
- Drink 2-3 litres of quality purified alkaline water daily (Mostly away from meals)
- Replace a meal with a high protein, low carb protein (WPI) shake.
- Add collagen/Whey protein (WPI) isolate/almond meal/nut butters/yopro to oats to increase protein

Sunshine ☀️ daily

Yoga mornings

Record all food and fluid intake, noting down symptoms at the times they occur

Colonics – Bottoms up – Nerang (Sussi) weekly for 3 weeks, then fortnightly

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

Next appointment: 4 weeks

Email through pathology results and diet record