

10.04.24

### Treatment Plan for Ned Cross

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		7.5mls				7.5mls			
ProstaCo		2				2			
magIaurXcel		¾ scoop							
Clinical Lipids			1				1		
S.Bifido Biotic		1				1			
Other supplements CoQ10 150mg, Bromelain, Ginger, Turmeric	Take 1 of each daily.								
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner.									

### **Kidney-Friendly Diet** (refer to sheet given)

Avoid alcohol, refined carbohydrates and sugars (No 'white' stuff)

No naked carbs (No carbs on an empty stomach)

Exercise 3-5 times weekly for a minimum of 30 minutes

Avoid all trans/hydrogenated fats i.e margarine, processed foods

Drink 2-3 litres of quality purified alkaline water daily (Mostly away from meals)

Include at least 3 of the following foods each day to improve microcirculation – green tea, ginger,  $\frac{1}{2}$  -1 clove garlic (raw is preferable), Turmeric,  $\frac{1}{2}$  cup berries (fresh or frozen) cocoa powder or 85% dark chocolate (2 squares)

**Next appointment: 3-4 weeks**

