



NATUROPATHIC PROTOCOL



Early AM & Later PM

Take AWAY from food, drink, coffee, mint

- Take 2-4 pellets of Homeopathic

Morning (7-11am)

Take with meal, away from pharmaceutical medication

- Take 2 tablets Defence Adapt
- Take 1 scoop AlkaMin Calm + $\frac{1}{4}$ teaspoon Essential Electrolytes
- OPTIONAL: Take 1 teaspoon SGI Glow in water/smoothie/yogurt

2-3 x day With meals

Take 15 minutes before or with meals

- Take 1 x capsule Enterozyme, 15 minutes before, or with meals

Evening (5-9pm)

Take with meal, away from pharmaceutical medication

- Take 2 tablets Defence Adapt
- Take 1 scoop AlkaMin Calm + $\frac{1}{4}$ teaspoon Essential Electrolytes

Diet & Lifestyle

- Hydrate with electrolytes
- Breakfast
- GI Testing