

2.07.24

Treatment Plan for Deb Borthwick

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		1 scoop							
NAC (give back health)		1 scoop							
S.Bifido Biotic		1				1			
BC Methyl B12		½ tab chew							

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

Mediterranean Diet

Daily Vascular support foods – Cocoa or 1-2 pieces daily dark chocolate (85%), ginger, garlic (preferably raw ½ -1 clove daily) turmeric, berries ½ cup, green tea (1-2 daily)

Avoid refined carbohydrates and sugars (No refined 'white' simple carbs/sugars)

Reduce alcohol

Exercise 3-5 x weekly

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

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

Sunshine ☀ daily

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

Next appointment: 4 weeks

Email through pathology results and diet record