

INITIAL CONSULTATION REVIEW AND TREATMENT PLAN

WITH COMPREHENSIVE GUIDE

18 May 2023

Dear **Rozlyn**,

DOB: 09/06/1971

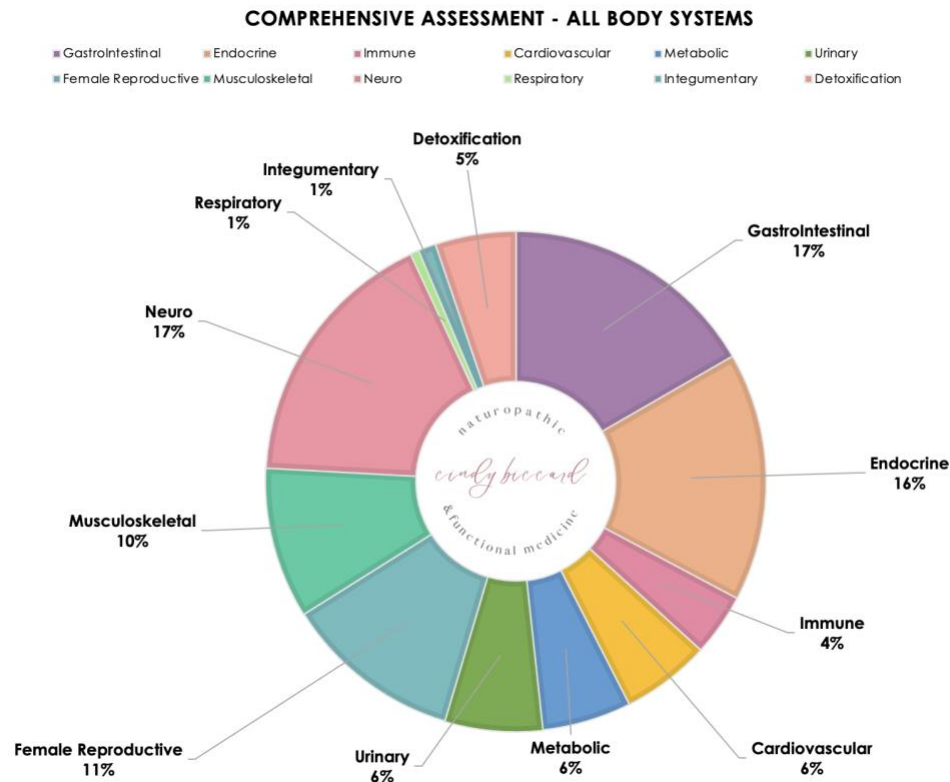
Thank you for choosing Cindy Biccard Naturopathic Medicine to assist you with your health journey. I am delighted to be afforded the opportunity of working along with you in optimising your health, as you are always the driver behind your own health and vitality.

It is the role of a naturopath to guide patients through foundations principles to ensure that you are on board with the health initiatives and to take charge of your own health through education and informed decisions.

- ✍ **First, do no harm** revolves around treatment strategies – the aim is to stimulate the body in order for it to regulate itself in returning to good health. This may include herbal medicine, dietary changes, nutritional supplements, and lifestyle interventions.
- ✍ **Identifying and treating the cause** differentiates our holistic approach to health from a conventional approach. Although some symptoms may be alleviated through therapeutic strategies – it is the goal to identify the underlying causative factors and establish a treatment plan accordingly for the body to regulate itself.
- ✍ **Treat the whole person** encompasses the mechanisms of how our mind, body and spirit interacts in maintaining good health or how it creates disease. By focussing on our entire being – an overall increase in vitality may be achieved.
- ✍ **Understanding the healing power of nature ...** by understanding our place in Creation and the synergistic ecological role each one of us play in it, we can embrace nature, it's produce and the healing we may derive from it.
- ✍ **Exercise, movement, and lifestyle** as ways to prevent disease or to down-regulate inflammation and living life as optimally as we possibly can.
- ✍ **The physician as teacher** places a responsibility on a naturopath to educate patients with good health initiatives combined with research and evidence-based science in order for patients to become independent experts on their own health.

CURRENT HEALTH PROFILE

Following your completed comprehensive assessment to determine your health priorities, the following areas were identified as concerns that need to be addressed:

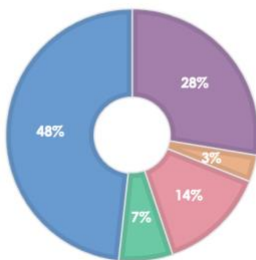


Priorities:

1. Gastrointestinal System
2. Nervous System
3. Endocrine System

GASTROINTESTINAL HEALTH

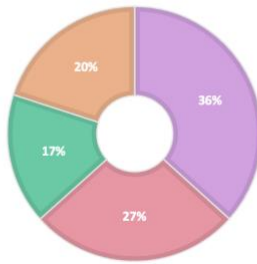
■ Hypochlorhydria ■ Hyperchlorhydria ■ Small Intestine and Pancreas
 ■ Large Intestine ■ Liver and Gallbladder



Symptoms that you have experienced is indicative of decreased Liver & Gallbladder function as well as experiencing low gastric acid. Low gastric acid in the stomach may reduce your ability to digest proteins optimally and have subsequent malabsorption issues in the small intestine. This may be seen in the symptoms you are experiencing, such as bloating, nausea, and indigestion. All of this contributes to lowered energy and nervous system issues as you are not producing optimal neurotransmitters.

NERVOUS SYSTEM

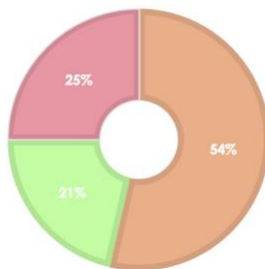
Neurological Stress History Insomnia Cognition



Your sympathetic nervous system seem to have been elevated for a considerable amount of time, contributing to the current state of adrenal hypofunction, poor sleep onset and relevant nervous system symptoms. This then subsequently has an influence on your hormone health status and increases inflammation.

ENDOCRINE HEALTH

Hypothyroid Hyperthyroid Stress, Fatigue and Adrenals



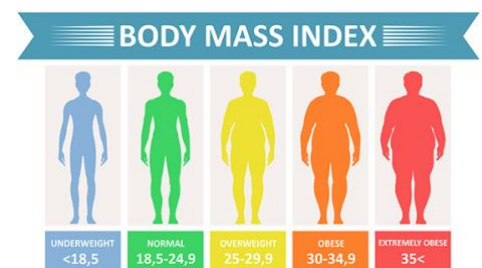
Patient's treatment requirements:

1. "Menopausal symptoms"
2. "Sleeping"
3. "Weight"

BMI (Body Mass Index)

23.7

Comments: Within healthy range from BMI perspective.



TREATMENT AIMS AND STRATEGIES

Short term treatment aims:

- ♥ Support the nervous system through the HPA-axis to improve an overall response to stress and down-regulate current elevated sympathetic nervous system.
- ♥ Improve sleep hygiene to improve energy levels and overall, down-regulation of inflammation.
- ♥ Support weight management, immune system and endocrine function through a targeted approach of digestive function.

Long term treatment aims:

- ♥ Maintain optimal digestive function with improved digestion, nutrient assimilation and absorption, and good motility and evacuation.
- ♥ Maintain healthy weight.

Further investigations recommended:

Blood pathology:

Full Blood Exam	<input checked="" type="checkbox"/>	hsCRP	<input checked="" type="checkbox"/>	LDH	<input checked="" type="checkbox"/>
Creatine Kinase	<input type="checkbox"/>	Corrected calcium	<input checked="" type="checkbox"/>	Phosphate	<input checked="" type="checkbox"/>
UEC	<input checked="" type="checkbox"/>	Urate	<input checked="" type="checkbox"/>	Magnesium	<input checked="" type="checkbox"/>
Lipids (incl. HDL)	<input checked="" type="checkbox"/>	Lipase	<input checked="" type="checkbox"/>	Amylase	<input checked="" type="checkbox"/>
LFT's (incl. AST)	<input checked="" type="checkbox"/>	Fasting Glucose	<input type="checkbox"/>	Iron Studies	<input checked="" type="checkbox"/>
Vitamin D	<input checked="" type="checkbox"/>	TSH / FT3 / FT4	<input checked="" type="checkbox"/>	Hba1c	<input checked="" type="checkbox"/>

You may ask your GP to have these tests done and be bulk billed OR you could have this tested privately through a Functional pathology lab and carry the expense. If you choose to do this privately, please advise your practitioner in order to receive a referral form.

LIFESTYLE RECOMMENDATIONS

Physical Activity

- ☐ Walking 20-30 minutes at least 5 times a week.
- ☐ Pilates exercises – strengthening the core muscles.
- ☐ [Legs against the wall](#) 2 – 3 times per week.

Sleep Hygiene

- ☐ Sleep Hygiene Handout

Stress Management

- ☐ Hydrotherapy – consider magnesium float therapy – but not more than 20 - 30 minutes at a time.
- ☐ Mindful Breathing Technique: Slowly breath in through your nostrils and hold for 5 seconds – then slowly release the air through the nostrils again. You may repeat these 3 to 5 times and as you need during the day, as they assist you in being in a state of calm.
- ☐ Massage – enjoy frequently – YOU know how valuable this is for your wellbeing 😊.
- ☐ Sauna – this is great to detoxify and clear the lymph. Remember to hydrate yourself after your session with electrolytes or Sole Water.

Connect with nature

- ☐ Gardening
- ☐ Forest bathing
- ☐ Hiking

Creativity

Be creative in activities such as:

- ☐ Colouring
- ☐ Painting
- ☐ Woodworking
- ☐ Knitting
- ☐ Scrapbooking
- ☐ Sewing
- ☐ Art Therapy through a qualified therapist

Oral Health

- ☐ Mercury amalgam – it is essential that you have these removed with a Biological Dentist.
- ☐ [Oil Pulling](#) with coconut oil + essential oils such as peppermint, clove and cinnamon.
- ☐ Non-fluoridated toothpaste.

Gratitude journal

- ☐ Mobile App
- ☐ Journal your thoughts and display your gratitude - be creative about it!

Reduce environmental toxic exposure:

Environmental toxic exposure may lead to endocrine disruption and a causative factor to various disorders such as depletion of energy, weight gain, autoimmune conditions, neurodegenerative diseases and cancer.

The following links are there for educational purposes to reduce exposure:

[Phthalates](#)
[Skin care and personal body products](#)
[Plastic products](#)
[Cleaning products](#)
[Cookware](#)
[Mould exposure](#)
[Tips on Performing an Environmental Toxic Cleanse](#)
[Tap water](#) and [Bottled Water Risks](#)
[Microwave usage](#)

DIETARY RECOMMENDATIONS

Functional Food Pyramid

Dietary Habits + Lifestyle habits = Health & Vitality



Serving sizes



Vegetables
2 handfuls



Starchy Vegetables
1 handful



Protein
1 palm



Fruit
1 palm



Oil/Ghee
1 thumb



Family, friends and community



Quality sun Exposure



Quality Sleep Routine

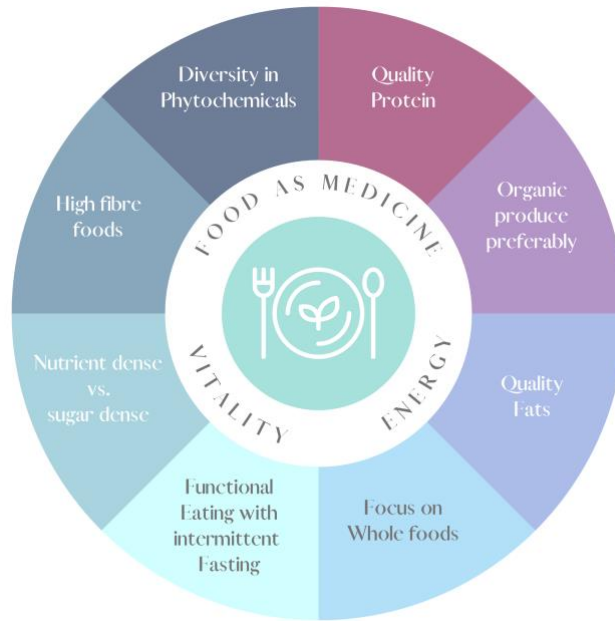


Regular Exercise



Spiritual Wellbeing

FUNCTIONAL FOOD AS MEDICINE



Hydration

Being hydrated assists the body to 'flush' toxins, improves metabolism, promotes satiety and assists the body in having an improved stress response.

☐ Filtered water – Amount: 1500mL per day.

☐ Herbal teas: ☐ Elderberry & Echinacea ☐ Mint ☐ Fennel ☐ Lemongrass & Ginger ☐ Chamomile
☐ Cinnamon ☐ Ginger ☐ Licorice ☐ Apple & Cinnamon ☐ Womankind

* These teas are from the Pukka Organic range and serves as a guideline only

☐ Sole (So-lay) water recipe:

Equipment: Mason Jar with plastic or non-metal lid

Ingredients: Himalayan Salt + Filtered Water

Instructions: Fill the Mason Jar with $\frac{1}{4}$ Himalayan Salt and $\frac{3}{4}$ with Filtered water – leaving about an inch at the top. Place lid on top and shake gently for the salt to mix with water. Leave overnight for salt to dissolve. You will still have salt at the bottom of the jar – the water will get saturated with what it needs and use the salt over the next few days until you have almost no salt left.

Consume: 5mL of the salt saturated water first thing in the morning OR 20mL in a 1000mL bottle to sip during the day. Good quality salt in moderation is great for your adrenals ❤️

* Add a slice of lemon or lime for a hint of natural flavour to your water

* In general, darker-yellow urine is an indication that there is a need for more water (except when the darker colour is due to B-vitamins 😊), clear urine and increased trips to the toilet may indicate over-hydration.

☐ Avoid over consumption of coffee – enjoy one good quality cup per day from organic roasted beans with no sugar 😊 Coffee is not a hydrator – in fact, too many can dehydrate you. A good coffee alternative is [Vogel Organic Bambu](#) – which is also great for bowel motility. Consume no more than 2 times per day.

Protein sources

Proteins are the building blocks of life – once digested they become amino acids, to repair cells and create new ones, support muscle growth, maintain muscle mass, support the immune system, and assists in the regulation of blood sugar levels, which increases satiety. Choosing protein should predominantly be organic, grass-fed, free-range, wild caught – they are lower (or no) in toxins such as genetically modified grain-fed, hormone treatments, antibiotic treatments. They are higher in anti-inflammatory omega-3 fats.

Animal protein are the most bioavailable for humans due to our similar cell structure. These include:

- ☐ Lamb – if you can in a small amount 😊
- ☐ Turkey
- ☒ Eggs
- ☒ Fish (SMASH – salmon, mackerel, anchovies, sardines and herring). These fish have been linked to higher anti-inflammatory omega-3 levels and lower toxic mercury poisoning.

Proteins from legumes, such as beans and lentils contain both complex carbohydrates, protein and quality fibre, but lack in healthy fats. They lack a complete set of essential amino acids, which can be obtained if they are mixed with quality animal protein.

Healthy Fat sources

Anti-inflammatory fats that are minimally processed and high in omega-3 fatty acids are essential for creating energy and needed for the maintenance of every cell in the body. A minimum of 4 servings per day are suggested and in small amounts. The following are sources of healthy fats:

- ☐ Avocados
- ☐ Butter & ghee – may also be a source of natural vitamin K that help absorb Vit D for bone density
- ☐ Extra Virgin Olive Oil – only when using for low heat and mostly as salad dressing
- ☐ Fatty Fish – high in anti-inflammatory omega-3
- ☐ Nuts and seeds – full of minerals and fibre – only small amounts needed (handful per day)
- ☐ Eggs – pasture fed only
- ☐ Grass-fed, organic beef / lamb
- ☐ Dairy alternatives: Almond, Rice, Coconut and Macadamia milk – preferably organic to avoid exposures to toxins such as BPA

Fibre

There are two types of dietary fibre that is essential to be consumed daily at around **25 grams for females** and **38 grams for men**. Dietary fibre from unprocessed whole foods are divided into two types:

Insoluble fibre: This serves as a 'bottle brush' in the intestines, clearing the wastes from the digestive tract and assisting with a complete evacuation. These are mostly found in the outer coat of vegetables and whole grain (Quinoa, Rolled and steel-cut oats).

Soluble fibre: This type of fibre attracts water, swells and creates a gel-like mass that slows down digestion to keep you feeling fuller for longer, it traps toxins so that the body can effectively excrete them and provides "food" (a prebiotic) to your commensal (healthy) bacteria to support the immune system, down-regulate inflammation and create 'vitamins' such as Vitamin K in the large intestine as well as regulate blood glucose levels. Foods high in soluble fibre are:

- Oat bran (organic and gluten free)
- Barley
- Nuts
- Seeds
- Beans
- Lentils
- Peas
- Certain fruits: guavas, apples, nectarines, pears, avocados and apricots
- Vegetables: include Brussels sprouts, sweet potatoes, broccoli, carrots and turnips
- Chia seeds (also great for healthy fats such as Omega 3)

Phytochemicals (Vegetables & Fruit)

When purchasing vegetables and fruit it is essential that we try and avoid as much toxicity that comes through the pesticides sprayed. This [American Guide](#) is similar to ours in Australia and is helpful in making decisions when we cannot find organic produce. Shopping locally at farmer's markets from non-sprayed items, supports our liver more effectively, as it doesn't place an additional burden on detoxification pathways.

Aim to eat 600g of non-starchy vegetables per day from a variety of colours – "Eat the Rainbow". Fruit should be considered a treat, as it does contain fructose and in high amounts may cause you to struggle in maintaining your healthy weight goals.

Phytonutrient foods – 'Eat-the-Rainbow'

RED					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Cherries	<input type="checkbox"/> Onions (p)	<input type="checkbox"/> Raspberries	Benefits	
<input type="checkbox"/> Beets	<input type="checkbox"/> Grapefruit (pink)	<input type="checkbox"/> Plums	<input type="checkbox"/> Strawberries	Anti-bacterial	Brain health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Goji Berries	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Rhubarb	Anti-cancer	Cell protection
<input type="checkbox"/> Cranberries	<input type="checkbox"/> Grapes	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Rooibos tea	Anti-inflammatory	Heart health
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Guava	<input type="checkbox"/> Radishes	<input type="checkbox"/> Tomato (p)	Blood circulation	Prostate health
ORANGE					
<input type="checkbox"/> Apricots	<input type="checkbox"/> Mango	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Turmeric root	Benefits	
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Nectarine	<input type="checkbox"/> Pumpkin		Anti-inflammatory	Cell protection
<input type="checkbox"/> Rockmelon	<input type="checkbox"/> Orange	<input type="checkbox"/> Sweet potato		Blood circulation	Heart health
<input type="checkbox"/> Carrots	<input type="checkbox"/> Pawpaw	<input type="checkbox"/> Tangerine		Brain health	Reproductive health
YELLOW					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Corn	<input type="checkbox"/> Passionfruit		Benefits	
<input type="checkbox"/> Pears (p)	<input type="checkbox"/> Ginger root	<input type="checkbox"/> Pineapple		Anti-inflammatory	Eye health
<input type="checkbox"/> Banana (p)	<input type="checkbox"/> Jackfruit	<input type="checkbox"/> Plantain		Cell protection	Heart health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Lemon	<input type="checkbox"/> Summer squash		Digestive health	Immune health
GREEN					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Green peas	<input type="checkbox"/> Pears	Benefits	
<input type="checkbox"/> Artichoke (p)	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Green tea	<input type="checkbox"/> Peppers	Anti-cancer	Cell protection
<input type="checkbox"/> Asparagus (p)	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Rocket	Anti-inflammatory	Digestive health
<input type="checkbox"/> Avocado (p)	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Limes	<input type="checkbox"/> Spinach	Blood circulation	Heart health
<input type="checkbox"/> Bean sprouts	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks (p)	<input type="checkbox"/> Swiss chard	Bone health	Liver health
<input type="checkbox"/> Bitter melon	<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Okra	<input type="checkbox"/> Snow peas	Brain health	
<input type="checkbox"/> Bok choy	<input type="checkbox"/> Green beans	<input type="checkbox"/> Olives	<input type="checkbox"/> Zucchini		
BLUE / PURPLE / BLACK					
<input type="checkbox"/> Berries	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Plums	<input type="checkbox"/> Raisins	Benefits	
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Figs	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Rice (black or purple)	Anti-inflammatory	Cell protection
<input type="checkbox"/> Carrots	<input type="checkbox"/> Grapes	<input type="checkbox"/> Potatoes		Blood circulation	Digestive health
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Olives (p)	<input type="checkbox"/> Prunes		Bone health	Heart health
				Brain health	Liver health
WHITE / TAN / BROWN					
<input type="checkbox"/> Apples	<input type="checkbox"/> Garlic (p)	<input type="checkbox"/> Nuts: almonds, cashews, pecans, walnuts, macadamias, Brazil nuts	<input type="checkbox"/> Seeds: Flax, Hemp, Pumpkin, Sesame, Sunflower	Benefits	
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Ginger		<input type="checkbox"/> Turnips	Anti-cancer	Cell protection
<input type="checkbox"/> Cacao (p)	<input type="checkbox"/> Chickpeas		<input type="checkbox"/> Wholegrains: Oats (p), Brown rice (p), Quinoa (p), Rye, Spelt	Anti-inflammatory	Digestive health
<input type="checkbox"/> Coconut	<input type="checkbox"/> Lentils (p)			Blood circulation	Heart health
<input type="checkbox"/> Coffee	<input type="checkbox"/> Lychee			Bone health	Immune health
<input type="checkbox"/> Dates	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Onions (p)		Brain health	Metabolic health
<input type="checkbox"/> Pears	<input type="checkbox"/> Tahini	<input type="checkbox"/> Shallots			

* This is a modified version of the Phytonutrient Spectrum Foods derived from The Institute of Functional Medicine ®

(p) Prebiotic Food – see next page

Pre-and Probiotic Foods

Our human gut microbiome, which forms a complex ecosystem consists of trillions of microbes. A microbiome that is dysregulated and not consisting of optimal commensal bacteria (good bacteria), have been linked to several disorders that include:

IBS (irritable bowel syndrome)	Infectious diarrhoea
intestinal permeability issues (leaky gut)	Coeliac disease
SIBO (Small Intestinal Bacterial Overgrowth)	Respiratory infections
Allergies	Thyroid disorders
Joint pain	Autoimmune conditions
Gastric ulcers	Parkinson's disease
Inflammatory bowel diseases such as Crohn's and	Chronic inflammatory conditions such as arthritis
Ulcerative colitis	Chronic fatigue syndrome
Cardiometabolic diseases (fatty liver, type II diabetes,	Inflammatory Skin Conditions
heart disease)	Mood Issues and Autism

Foods that promote inflammation and disrupt the microbiome:

- ⊗ Refined vegetable oils (canola, corn, soybeans)
- ⊗ Pasteurised dairy products
- ⊗ Refined carbohydrates and grain products
- ⊗ Conventional meat, poultry and eggs – due to cheap inflammatory feed ingredients
- ⊗ Trans fats (used in processed foods and fried foods)
- ⊗ Sugar (packaged snacks, breads, condiments, canned items, cereal, sodas)
- ⊗ Antibiotics

Prebiotic foods serves as a '**feed**' for probiotic bacteria (commensal bacteria) and assists in the proliferation of them within the gastrointestinal lining. *Prebiotic foods has been marked (p) on the previous page.*

Probiotic foods that are usually derived from a fermentation process (cultured food) and **contain various strains of probiotics** that may be beneficial for you. **The following foods are known to be probiotic.** Your practitioner may recommend them if you have achieved an optimal state of GIT integrity in your protocol. If probiotics are included in your diet too early during a dysregulated phase, you may experience discomfort, pain, loose stools and gastric spasms. *Links have been included to learn more about it and get recipes on how to make it.*

- | | |
|---|---|
| <input type="checkbox"/> Milk kefir (ki-fear) | <input type="checkbox"/> Sauerkraut (bought refrigerated) |
| <input type="checkbox"/> Kimchi | <input type="checkbox"/> Water kefir |
| <input type="checkbox"/> Traditional buttermilk | |

Example meals and snacks to navigate you on healthy options:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Farmer's Market Frittata	Simple Savory Chicken Patties	Smoked Salmon Low Carb Bagels	Dr Brukner's Muesli with yoghurt	Veggie Muffins
SNACKS	Overnight Chocolate Chia Seed Pudding	Berries & Cream Smoothie	Simple Fennel Citrus Salad	Marinated olives	Greek yoghurt with blackberries
LUNCH	Warm Veggie Salad with almonds	Buddha Boost Bowl	Broccoli Cheese Soup	Scrambled eggs with Salmon & Avo	Garden Pesto Chicken 'Pasta'
SNACKS	Chocolate bark	Easy Date Protein Balls	Hummus with celery & carrot sticks	Roasted nuts	Chocolate bark
DINNER	Miso-glazed salmon & veggies	Baked Chicken Drumsticks	Saucy Moroccan Lamb	Zippy Zoodle Bolognese	One-Pan Beef & Broccoli

An example of a 'Health bowl' (modified version of a Buddha bowl)

How to create a simple and easy "Health Bowl"



When choosing your various foods, please try and buy organic for your fruit and vegetables and pasture fed for your animal proteins, where possible

PERSONALISED PRESCRIPTION PLANNER

ACCORDING TO YOUR HEALTH GOALS

The following products have been chosen by your practitioner to assist you with achieving your health goals. This prescription has been prepared on: **17 May 2023** and will be assessed at your follow-up consultation in 8 weeks' time **Wednesday, 12 July 2023 at 10h00** (recommended).

Product	Rationale & Comments
Brand: Bioclinic Natural AdrenaSense Dosage: 1 tablet twice per day.	<ul style="list-style-type: none"> ♥ A herbal formulation to improve mental and physical performance, relieve nervous tension, increase energy production and support an improved stress response. ♥ Contains Reishi mushroom for immune support and energy.
Brand: Integra Nutritionals (Nutrigenomic GeneActive Formulation E) GFC Dosage – PROTOCOL: Week 1: 1 capsule Week 2: 1 capsule in the morning and 1 in the evening Week 3: 2 capsules twice a day.	<ul style="list-style-type: none"> ♥ Stimulate Cellular antioxidant defences. ♥ Activate key enzymes in liver detoxification and clearance pathways. ♥ Activates innate immune system for improved immune system through Nrf2 pathways and activate liver detox enzymes. ♥ Assists in restoration of structural integrity of GIT. ♥ Assist in maintenance and improvement of general wellbeing. ♥ Facilitate integration of calcium to bone ♥ Improve cognitive function and memory. <p>If you experience any abdominal pain or discomfort with this product, please let me know – this is usually a sign of gut dysbiosis and we're triggering something that doesn't want to be eradicated. So, we'll simply titrate back to using less until the body is ready and can tolerate the therapeutic dosage.</p>
Brand: Cell-Logic ImmunoGenex (Nutrigenomic formulation) Dosage: You may start in Week 3 following the GFE protocol. Consume 2 serves per day – one in the morning and one in the evening. This can get quite clumpy – so I add mine to a smoothie and blend it in for a smooth consistency. Do not use in warm drinks.	<ul style="list-style-type: none"> ♥ A unique blend of functional food ingredients with pre-and probiotics to support systemic immune dysfunction and optimising the gut Ecology. This assists in the restoration of the mucin layer of the GIT. ♥ My personal quick fix recipe as a suggestion: <ul style="list-style-type: none"> • ½ milk kefir • 1 scoop ImmunoGenex • 2 Scoops NutraOrganics Greens & Reds Powder (using this powder means I'm getting more nutrients in too and alkalising the body – time efficiency 😊) • ½ cup almond milk (unsweetened and organic) • ½ cup frozen organic berries or mango • Blitz together and ENJOY!

<p>Brand: Integra Nutritionals (Nutrigenomic Formulation of Collage Peptides)</p> <p>BCP-J</p> <p>Dosage: 1 scoop per day with warm or cold drinks.</p>	<ul style="list-style-type: none"> ♥ BCP-J nutrigenomically stimulate the synthesis of chondrocytes in the joint capsule. ♥ This is very specific to improve structural integrity of the GIT lining and the mucin layer to down-regulate the inflammatory response.
---	---

END OF REPORT – BLANK PAGE INTENTIONAL