



# NATUROPATHIC PROTOCOL

Asher

Including adjustments to previous prescriptions

## Morning (7-9am)

*Take with meal, away from pharmaceutical medication*

- Take 1 x Elderberry Immune
- Take 1 x Stress Relief

optional:

- Take 1-2 sprays NasoClear
- Take 1 x Magnesium

## Diet & Lifestyle

- Remove DAIRY

## Evening (5-7pm)

*Take with meal, away from pharmaceutical medication*

- Take 1 x Elderberry Immune
- Take 1 x OptiImmune

optional:

- Take 1-2 sprays NasoClear
- Take 1 x Magnesium