



# NATUROPATHIC PROTOCOL

Jamie

Including adjustments to previous prescriptions

## Morning (7-9am)

*Take with meal, away from pharmaceutical medication*

- Take 1 scoop Cinnatol in water
- Take 1 capsule O Balance (wait 2 days to begin)
- Take 8ml Herbal Mix

## Dinner (9-11am)

*Take 1 hour AWAY from meal*

- Take 1 scoop Cinnatol in water
- Take 1 capsule O Balance (wait 2 days to begin)
- Take 8ml Herbal Mix
- Take 2 capsules Opti EPA/DHA + SPM

## Bedtime (10pm+)

*Take away from pharmaceutical medication*

- Take 2 capsules Somni Support
- Take 1-3 capsules TriMag Supreme, as needed when wired

## Night (10pm+), every 2nd night

*Take AWAY from food & other supplements by 1/2-1 hour*

- Take 1 capsule BioHeme

## Diet & Lifestyle

- Continuous Glucose Monitor
- Lower Tox Life
- X Alcohol
- Castor Oil Pack (1 x week)
- Epsom Salt Baths