



NATUROPATHIC PROTOCOL

22/01/25

Morning (7-9am)

Including adjustments to previous prescriptions

Take with meal, 1-2 hours away from pharmaceutical medication

- Take 1 scoop AlkaMin Calm in water
- Take 7.5ml Pros Herbal Mix mixed with water/juice
- Take 1 capsule Oxyguard
- Take 2 capsules Garlic Synergy

Lunch (12-2pm)

Take with meal, 1-2 hours away from pharmaceutical medication

- Take 1 scoop PaleoFibre with water OR
1 tablespoon of LSA with yogurt/smoothie

Evening (5-7pm)

Take with meal, 1-2 hours away from pharmaceutical medication

- Take 1 scoop AlkaMin Calm in water
- Take 7.5ml Pros Herbal Mix mixed with water/juice
- Take 1 capsule Oxyguard
- Take 1 x Ubiquinol

Anytime

AWAY from food and drink

- Take 4 sprays of Kali Phos, 4 x day

Diet & Lifestyle

- Increase fibre
- Increase water
- Increase potassium foods