

7.04.24

## Cardiovascular Treatment Plan for Kym Chilton

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		7.5ml				7.5mls			
MagTaur Xcell/Alkamin		1 scoop							
Calm meybolic <b>Alternate</b>		1/4 tsp of each							
Liposomal C, Lysine, Proline reduce plaque, and wall stiffening									
Resist X Advanced liver repair/protect, reduce blood glucose and triglycerides			1				1		
N-Acetyl Cysteine		1 level scoop				1 level scoop			
Increase glutathione/reduce GGT and Inflammation									
Clinical Lipids			1				1		
Cardios			1				1		
S.Bifido Biotic <b>complete course</b>		1				1			
Resveratrol/vitamin E			1						
<b>Alternate</b> CoQ10			1						
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

### Follow Low carbohydrate Mediterranean Diet (rich in polyphenols, Omega 3 fats and fibre)

#### Reverse Insulin Resistance, improves hormone balance, body composition and cardiovascular health.

- Avoid refined carbohydrates and sugars (No refined 'white' simple carbs/sugars)
- Swap out bread/carbs for extra protein and above-ground veggies. No carbs 6 hrs before bed.
- Eat 4-6 smaller portion sizes meals/snacks, including at least one source of protein to satisfy hunger and regulate blood sugar.
- No naked carbs (No carbs on an empty stomach) Limit alcohol and opt for low carb options.
- Exercise 5-6 times weekly for a minimum of 45 minutes, including resistance exercise.
- Avoid all trans/hydrogenated fats i.e. margarine and processed foods.
- Opt for above-ground less starchy veggies only. Avoid potato, sweet potato, and pumpkin. opt for berries, no high-sugar fruits, dried fruit, grapes or melons
- Drink 2-3 litres of quality purified alkaline water daily (Mostly away from meals)
- Replace a meal with a high protein, low carb WPI or vegan protein shake.
- Add collagen/Whey protein isolate/almond meal/nut butter/Yopro to oats to increase protein

PROTEIN Animal sources (beef, lamb, game meats, offal, pork, chicken, fish\*, seafood, eggs, cheese, plain yoghurt/Yopro, whey protein powder, collagen) Vegan Sources (beans, lentils, split peas, chickpeas, tofu, nuts, seeds, nut and seed meals/butter, rice or pea protein)

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

Sunshine ☀️ daily

Repeat Blood work to include liver enzymes, electrolytes, kidney markers, **fasting Blood glucose & Insulin**, triglycerides, Cholesterol, LDL, HDL, **Apo A and B's**, full iron Studies, B12, folate, **homocysteine**, CRP (make sure you are fasted 10-12hrs, rested and hydrated)

**Revise in 3 months**