

25.03.25

Treatment Plan for Alex Danilov

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
S.Birido Biotic (finish off)		1							
Herbal		7.5mls				7.5mls			
NAC		1 scoop				1 scoop			
NeuroRegenex		1				1			
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Kidney Friendly Diet – More alkaline

Alkaline foods(eat more) – Dark green leafy veg, lemon/limes, apple cider vinegar
Acidic foods (eat less) – coffee, alcohol, refined sugars/carbs

Hibiscus Tea – 1 tsp twice daily

Additionally avoid Gluten. Monitor reaction to eggs, dairy, soy and Corn.

Try going Grain-free

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

- Avoid carbohydrates and sugars (No refined 'white' simple carbs/sugars)
- Swap out bread, carbs for extra protein and vege. No carbs after 4 pm/6 hrs before bed.
- Eat 4-6 smaller portion sizes meals/snacks, including at least one source of protein
- No naked carbs (No carbs on an empty stomach)
- No alcohol
- Exercise 5-6 x weekly for a minimum of 45 minutes, including resistance exercise.
- Avoid all trans/hydrogenated fats i.e margarine, processed foods
- Opt for above-ground veg only, Less starchy vege- potato, sweet potato, pumpkin. Minimise fruit, and 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)
- Add collagen/Whey protein (WPI) isolate/almond meal/nut butters/pro 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)

Sunshine ☀ daily

Lox Tox Living

Next appointment: 6- 8 weeks or post bloods

Email through pathology results and diet record