

Lyn Blake 1.04.23

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		10mls			10mls				
S. Bifido Biotic <i>Finish off</i>		1							
Meta Choline		1							
NeuroRegenex		1				1			
Mag taur xcell <b>Minerals</b>		1 scoop							
Collagen		1 tblsp							
Green Calcium <b>Minerals</b>									2
Rapid D			1 every other day						
Spatone			1 sachet						
Liposomal C		½ scoop							
Melatonin									1 suck
Sleep X									1 scoop
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

- ✓ Mediterranean diet
- ✓ Detox smoothie daily (as given)
- ✓ include daily avocado, nuts, almonds\*, brazil nuts\* seeds, bok/pak\* choy, berries. Snacks can include collagen cacao powder, berry smoothie with alternative/coconut water.
- ✓ 5 meals/snacks daily, even if only small portions, Eating min every 3 hours always including protein (meat, poultry, seafood, fish, Yopro yoghurt, legumes/beans, whey protein, collagen smoothies, nuts, seeds, avocado, cheese, paleo muesli)
- ✓ Infrared Saunas weekly