

Lyn Blake 22.02.23

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal			10mls		10ml				
S. Bifido Biotic		1				1			
Meta Choline		1				1			
NeuroRegenex		1				1			
Mag taur xcell <b>Minerals</b>				1 scoop					
Green Calcium <b>Minerals</b>				1					
Rapid D				1 every other day					
Liposomal C				½ scoop					
Melatonin									½ - 1 suck
Nevaton calm	Use as needed for support for sleep, increased stress and anxiety								
Anti- Viral herbs		5mls	Take 5mls daily and increase to 5 x daily with exacerbated relapsing symptoms (fatigue, lack of motivation, weakness, mental tiredness, scratchy throat) Can stop a day or two after symptoms subside again.						
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

**1st- Trial** for anxiety rising in the mornings. Start by **sucking/chewing 1 melatonin** as soon as anxiety starts. Repeat this minimum of 3 times to establish if getting a result

**2nd Trial** for anxiety rising in the morning. **Take 2 Meta Choline** as soon as anxiety starts. Repeat this a minimum of 3 times to establish if getting a result

- ✓ Mediterranean diet
- ✓ Detox smoothie (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)