

Amanda Stocki 28.03.23

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		10mls				10mls			
Mito Xcell then move to Mag taur Xcell	Mix all powders together in water	1 scoop							
N-Acetyl cysteine No need to replace		1 level scoop							
Liposomal Ultra C No need to replace		½ level scoop							
Anti-Viral			7.5ml				7.5ml		
Metibol Xcell then move to Resist X Advanced			1				1		
Zinc Picolinate							1		
Sleep X									1 scoop 15mins before bed
NeuroCalm use as needed with stress, anxiety and sleep			1		1				1 if needed for sleep
SB Floractiv Take course until finish		1				1			
Probiotica Clinical Take course until finish		1 sachet							
Inflavonoid Intensive Care	Take 2 tablets 3 x daily as needed for back pain and inflammation. Try as an alternative to Voltaren								
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

Gluten, Dairy and refined carbohydrate and sugar-free

Eat 4-5 smaller meals/snacks per day. e.g 3 smaller main meals and 2 small snacks in between.

Include one source of protein with all meals and snacks

Improving blood sugar balance- No carbohydrates after 3 pm 6/7 days per week. Try swapping out some carbohydrates/Starches at breakfast and lunch and replace them with starch-free salad/veggies. Check out the Shake it recipe book provided for low-carb suggestions.

EXERCISE 3-5 x weekly + YOGA 1-2 x weekly

Drink 2-3 litres of preferably purified alkaline water daily *Best mostly sipped between meals.*

Your Next Appointment: 4 weeks

Please give 24 hrs notice if you need to reschedule your appointment, to enable others the allocation of this time.