

Amanda Stocki 19.12.23

Prior to concepti on	Supplements	On Rising	Breakfast		Lunch		Dinner		Bedtim e
			Before	Aft er	Befor e	After	Before	After	
Gradually Wean off 7 days before	Herbal Immune, Hormone ratios, stress adapt, gall bladder/bile, digest, blood glucose, liver, thyroid, cholesterol		12.5ml				12.5ml		
✓	Tresos natal			1					
✓	Meta Choline		1				1		
Finish course don't repeat	Liposomal Vitamin C	Mix powders together in water	1/4 tsp				1/4 tsp		
✓ Reduce to once daily	N-Acetyl cysteine Anti-inflammatory increases glutathione, improves egg quality		1 level scoop				1 level scoop		
Stop 1 week before	Resist X Advanced Reduce blood glucose and lipids fatty liver			1				1	
✓	Liposomal D3 + K2 Hold in mouth for 30 secs							4 sprays	
✓	Clinical Lipids Anti-inflammatory, reduce lipids, cholesterol			1				1	
Finish course Don't repeat	Zinc Picolinate							1	
Finish course don't repeat	Sleep X Sleep initiation and quality								1 scoop
Stop day before	NeuroCalm use as needed with stress, anxiety and sleep	2							1 if needed
Finish course don't repeat	S.Bifido biotic improve microbiome bacteria balance, weeder		1						
Completes course	Inflavonoid Intensive Care		2				2		

Gluten-free

Reverse Insulin Resistance, improve hormone balance 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 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 vege only, Less starchy vege- potato, sweet potato, pumpkin. Minimize fruit, and opt for berries, no high-sugar fruits, dried fruit, grapes or melons
- Drink 2-3 litres of quality purified alkaline water daily
- Replace a meal with a high protein, low carb protein (WPI) shake.
- Add collagen/Whey protein (WPI) isolate/almond meal/nut butters/yopro to oats to increase protein

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

Increase calcium-rich foods – Dark leafy/Asian greens (particularly Pak Choy and silver beet) Sardines, Salmon with bones, nuts & seeds (almonds, sesame/tahini) tofu, beans.
Sunshine ☀ daily