

Amanda Stocki 31.08.23

Supplements	On Rising	Breakfast Before After	Lunch Before After	Dinner Before After	Away from Meals	Bedtime
Herbal <i>Hormones balance, Oestrogen: progesterone ratios, stress adaption, gall bladder/bile, digestion, blood glucose, fatty liver, cholesterol</i>		10mls			10mls	
LivCo <i>Liver Repair and protect, phase II clearance</i>		2				
Mag taur Xcell <i>Methylation support, magnesium, B vitamins, energy, sleep → switch to Pure Natal – 1 daily</i>	Mix all powders together in water	1 scoop				
N-Acetyl cysteine <i>Anti-inflammatory increase glutathione, improve egg quality</i>		1 scoop				
Anti-Viral (take extra 1-2 doses if feeling low-grade viral)			5ml		5ml	
Resist X Advanced <i>Reduce blood glucose and lipids fatty liver</i>			1		1	
Liposomal D3 + K2 <i>Hold in mouth for 30 secs, Improve calcium utilisation, immune</i>					4 sprays	
Clinical Lipids <i>Anti-inflammatory, reduce lipids, cholesterol</i>			1		1	
Zinc Picolinate					1	
Sleep X <i>Sleep initiation and quality</i>						1 scoop
NeuroCalm <i>use as needed with stress, anxiety and sleep</i>			1	1		1 if needed for sleep
S.Bifido biotic <i>improve microbiome bacteria balance, weeder, complete course</i>		1				
Probiotica Clinical <i>Microbiome balance, replace good bacteria</i>		1 sachet				
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



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

**EXERCISE 3-5 x weekly + YOGA daily for stress reduction**

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

*In 2-3 months – request full bloods to include liver enzymes, B12, folate iron studies, platelets, thyroid, reverse T3?, zinc, Vitamin D, fasting BG, full lipids*

*Reassess dosing again post-fertility appointment/ bloods for cholesterol after stopping cholesterol meds*

Your Next Appointment: 4-6 weeks

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