

Amanda Stocki 22.12.22

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		7.5mls		7.5mls		7.5ml			
Mito Xcell		1 scoop							
Zinc Picolinate			1						
Bio-Vitamin C		1 tsp				1 tsp			
Anti-Viral			7.5ml		7.5ml		7.5ml		7.5mls

Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner

Gluten and dairy free

Eat 4-6 smaller meals/snacks per day. e.g 3 smaller main meals and 2-3 small snacks in between.

Include one source of protein with all meals and snacks from a variety of animal and vegan sources.

Animal sources *beef, lamb, game meats, offal, pork, chicken, turkey, fish, seafood, eggs.*

Vegan sources *beans, chickpeas, split peas, lentils, tofu, nuts, seeds, nut butters*

Drink 2-3 litres of preferably purified alkaline water daily *Best mostly sipped between meals to avoid diluting digestive enzymes.*

Reduce carbohydrates and replace with starch free salad/vege

No carbohydrates after 4pm.

Record all dietary and fluid intake. Note any symptoms down where they occur on diet recording sheets given. *Bring to next appt*

Your Next Appointment: 2 weeks

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