

Amanda Stocki 27.01.23

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		7.5mls		7.5mls		7.5mls			
Mito Xcell	Mix all together in water	1 scoop							
N-Acetyl cysteine		1 level scoop							
Liposomal Ultra C		1 level scoop							
Anti-Viral	7.5mls		7.5ml				7.5ml		7.5mls
Metabol then move to Metibol Xcell			1				1		
Zinc Picolinate							1		
Neurosom then move to Redormin (may need to reduce to 1 tablet before bed and 1 if wake)									2 before bed + extra 2 if wake
NeuroCalm use with stress and anxiety			1		1				
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 are *beef, lamb, game meats, offal, pork, chicken, turkey, fish, seafood, eggs.*

Vegan sources are *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.

**No carbohydrates after 4 pm 5/7 days per week. Reduce carbohydrates/Starches and replace with starch-free salad/vege**

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

**Record all dietary and fluid intake.** Note any symptoms down where they occur. Email prior to next appt

Your Next Appointment: 2-4 weeks

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