

Amanda Stocki 1.03.23

Supplements	On Rising	Breakfast Before	Breakfast After	Lunch Before	Lunch After	Dinner Before	Dinner After	Away from Meals	Bedtime
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
Metibol Xcell			1				1		
Zinc Picolinate							1		
Redormin + Neurocalm									1 of each tablet before bed
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.