

8.05.24

## Treatment Plan for Amanda Stocki

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		10mls				10mls			
Alkamin Calm		1 scoop							
Silymarin		1				1			
Globe artichoke		1				1			
Gluco Complex			1				1		
Neurocalm		1							1 if needed
Prebiotica Regenex									2 scoops
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

## Low carbohydrate Mediterranean Diet, Gluten-Free

### Introduce fasting 14/10 hr, 5/7 days per week

Avoid refined carbohydrates and sugars (No refined 'white' simple carbs/sugars)

Swap out bread, pastas, rice for extra protein and vege

Eat 4-5 smaller portion sizes meals/snacks, always including at least one source of protein

No naked carbs (No carbs on empty stomach)

Limit alcohol and opt for low carb options

Exercise 5-6 x weekly for a minimum of 45 minutes, including resistance exercise.

Avoid all trans/hydrogenated fats i.e margarine, processed foods

Above-ground veg only, Less starchy veg- potato, sweet potato, pumpkin. Opt for berries, no high-sugar fruits, dried fruit, grapes or melons

Drink 2-3 litres of quality purified alkaline water daily (Mostly away from meals)

Replace a meal with a high protein, low carb protein (WPI) shake.

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

Sunshine ☀ daily

Track cycle

Next Blood work -Full bloods to include liver enzymes, electrolytes, kidney markers, fasting Blood glucose & Insulin, triglycerides, lipids, full iron Studies, B12, folate + vitamin D, Zinc, thyroid, female hormones

**Next appointment: 4 weeks**