

27.02.24

**Pre and Post-Conception Plan for Amanda Stocki \*note herbs to stop**

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Tresos Natal Natal Multivitamin and mineral			1						
Clinical Lipids Anti-inflammatory, reduce lipids/cholesterol			1				1		
Gluco Complex Improves glucose metabolism and insulin sensitivity			1				1		
Silybum Liver repair/protect, lipid maintenance			1				1		
Probiotics Regenex Improve microbiome balance and elimination to ensure cholesterol clearance.									2-3 scoops
Globe Artichoke Liver, gallbladder, Cholesterol			1				1		
*Herbal – reduce to 7.5mls once daily 5-7 days prior to procedure, then stop completely the day before		7.5mls				7.5mls			
*Neurocalm 1 tablet 2-3 x daily as needed Stop day before procedure		1			1				1
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

**Gluten-free**

**Reverse Insulin Resistance, liver health, Endocrine balance and cardiovascular health.**

- Avoid refined carbohydrates and sugars (No refined 'white flour' simple carbs/sugars)
- Swap out breads, potatoes, pastas, rice for extra protein and veggies.
- Eat 4-6 regular smaller portion sizes meals/snacks, including at least one source of protein
- No naked carbs (No carbs on an empty stomach)
- No alcohol
- Avoid packaged foods especially where sugars are higher than 3-5gms per 100g or mls.
- Exercise 5-6 times weekly for a minimum of 45 minutes, including resistance exercise.
- Avoid all trans/hydrogenated fats i.e margarine, processed foods
- Choose above-ground/less starchy veggies. Avoid potato, sweet potato, and pumpkin. Minimize fruit, no dried fruit, grapes or melons, opt mostly for berries.
- Drink 2-3 litres of quality purified alkaline water daily.

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

Increase calcium-rich foods – Dark leafy/Asian greens (particularly Pak Choy and silver beet) Sardines, Salmon with bones, nuts & seeds (almonds, sesame/tahini) tofu, and beans.

Enjoy Dandelion root tea or roasted dandelion daily, as a coffee alternative. This can improve bile release and support a healthy liver to avoid cholesterol reuptake.

Sunshine ☀ daily

Next appointment as needed, **Please advise of changes in circumstances so adjustments can be made if required.**