

11.10.23

Treatment plan for Amy Kos

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		9mls				9mls			
Mag taur Xcell		1 scoop							
Myo- inositol		1 scoop				1 scoop			1

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

Limit gluten intake to high quality sourdough breads occasionally

Keep fasting to 14 hours.

Dulse/kelp or seamoss few times weekly.

Blood work with GP → full bloods to include liver enzymes*, Thyroid (TSH*, T3*, T4*, thyroid AB) iron studies, B12, folate.

Next appointment in 4 weeks