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Alan Wilson 14.12.23

Supplements	On Rising	Breakfast Before	After	Lunch Before	After	Dinner Before	After	Away from Meals	Bedtime
Phase 1 (2 weeks)									
NeuroRegenex Nerve regeneration, brain anti-inflammatory		1				1			
N-Acetyl L-Tyrosine Precursor to dopamine. Works best on empty stomach with juice or small amount of sugar.		1 level scoop with Mitoxcell			1 level scoop in smoothie				
MitoXcell Mitochondrial energy support, nerve restoration Minerals – Take an hour away from Parkinson's medication		1 scoop							
Vitamin B12 Methylated form of vitamin B12, nerve, energy function		1ml = 1 dropperful							
D3 K2 spray Hold in the mouth for 30 seconds before swallowing		4 sprays under the tongue							
Phase 2 (2 weeks)									
Herbal Circulation, anti-oxidant, nerve repair and protection, stress adaption		8mls				8mls			
N-Acetyl Cysteine Increases body's own cell defence – glutathione, liver	Mix all together in water	1 level scoop				1 level scoop			
MagTaur Xcell Magnesium, Activated B vitamins, nerve and muscle nutrition, energy Minerals – Take an hour away from Parkinson's medication		1 scoop							
Vitamin B12 Methylated form of vitamin B12, nerve, energy function Store in fridge		1ml = 1 dropperful							
D3 K2 spray Hold in the mouth for 30 seconds before swallowing		4 sprays under the tongue							
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

✓ Mediterranean diet ✓ Detox smoothie daily (as given)

- ✓ Eat 4-5 smaller more frequent meals and snacks each day, including protein. Aiming for 3 smaller main meals and 2 small snacks between meals. This will assist in keeping blood sugar stable
- ✓ include daily avocado, nuts, almonds*, brazil nuts* seeds, bok/pak* choy, berries
- ✓ Infrared Saunas weekly
- ✓ yoga exercises for constipation. Use YouTube videos at home daily
- ✓ Increase water Intake. 2 litres daily. Next appt: 6 weeks