

Alan Wilson 21.09.23

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		8mls			8mls				
S. Bifido Biotic		1			1				
Neuro Regenex		2				2			
N-Acetyl Cysteine	Mix all together in water	1 level scoop				1 level scoop			
Mag taur Xcell Minerals – Take an hour away from Parkinson's medication		1 scoop							

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)
- ✓ include daily avocado, nuts, almonds*, brazil nuts* seeds, bok/pak* choy, berries. Snacks can include collagen cacao powder, berry smoothie with alternative/coconut water.
- ✓ Always including protein (meat, poultry, seafood, fish, Yopro yoghurt, legumes/beans, whey protein, collagen smoothies, nuts, seeds, avocado, cheese)
- ✓ Infrared Saunas weekly
- ✓ Increase water Intake. 2 litres daily

Next Appointment : 4 weeks