

Alan Wilson 22.11.23

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Phase 1 (4 weeks)									
NeuroRegenex Nerve regeneration, brain anti-inflammatory		1				1			
L-Tyrosine Precursor to dopamine. Works best on empty stomach with juice or small amount of sugar.		1 level tsp with Mitoxcell			1 level tsp in smoothie				
MitoXcell Mitochondrial energy support, nerve restoration <b>Minerals – Take an hour away from Parkinson's medication</b>		1 scoop							
Phase 2 (4 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			
Mag taur Xcell Magnesium, Activaed B vitamins, nerve and muscle nutrition, energy <b>Minerals – Take an hour away from Parkinson's medication</b>		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)
- ✓ 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.
- ✓ Always include protein (meat, poultry, seafood, fish, Yopro yoghurt, legumes/beans, whey protein, collagen smoothies, nuts, seeds, avocado, cheese)
- ✓ Infrared Saunas weekly
- ✓ yoga exercises for constipation. Use YouTube videos at home daily
- ✓ Increase water Intake. 2 litres daily

Next app: 8 weeks, email through blood work