

Alan Wilson 18.10.23

Supplements	On Rising	Breakfast Before	Breakfast After	Lunch Before	Lunch After	Dinner Before	Dinner After	Away from Meals	Bedtime
Phase 1 (4 weeks)									
NeuroRegenex Nerve regeneration, brain anti-inflammatory		1				1			
S. Bifido Biotic Gut weeder, improve microbiome balance complete course		1				1			
MitoXcell Mitochondrial energy support, nerve restoration Minerals – Take an hour away from Parkinson's medication		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, Activated B vitamins, nerve and muscle nutrition, energy 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)
- ✓ 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. 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 app: 8 weeks, email through blood work