

20.11.24

Treatment Plan for Amanda Whitford

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		10mls				10mls			
MagTaur Xcell		1 scoop							
S.Bifido Biotic		1				1			
Primer Plus			1				1		
Magnesium glycinate									2
SAME 200mg (orthoplex)	1								
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Gluten-free, Low-carb Mediterranean style diet

Reversing Insulin Resistance

- Focus on all meals and snacks being above-ground veg/salad, protein, good fats and minimal carbohydrates. Eaten in this order off the plate. E.g. Start with a salad/veg entrée.
- Avoid all refined carbohydrates + sugars (no white stuff)
- Eat 4-6 smaller portion sizes meals/snacks, including at least one source of protein
- No naked carbs (No carbs on an empty stomach)
- Exercise 5-6 x weekly for a minimum of 45 minutes, including resistance exercise.
- Avoid all trans/hydrogenated fats i.e margarine, hydrogenated seed oils, processed foods
- Minimize fruit, and opt for berries, no high-sugar fruits like dried fruit, grapes or melons
- Drink 2-3 litres of quality purified alkaline water daily (Mostly away from meals)

Smoothies – chia seeds, milk alternative/coconut water, banana, berries, almonds, good clean protein (vegan or WPI whey)

Monitor foods that reactive viral load ie gluten, eggs, soy, corn, dairy, and sugar. How do you feel after eating these foods?

Sunshine ☀ daily before 9 am

Routines – yoga, exercise, time with friends

Record all food and fluid intake, noting down symptoms at the times they occur

Next appointment: 4 weeks

Email through any pathology results and diet record