

23.05.23

Treatment plan for Ashlee Bridges

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Polyfem		2							
Livco		2							
Withania Complex		2							
PreDop		2							
L-histidine	1 level scoop	Mix in diluted juice. empty stomach				1 level scoop	Mix in diluted juice. empty stomach		
Zinc							1		
Medimag Calm		1/2 scoop							1/2 scoop
Andrographis Complex	Take 2 tablets 3 x daily with onset of any infection, cold and flu								
Herbal throat Spray	4 sprays every 2-4 hours on plane								
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Mediterranean Diet (whole food clean eating) No processed food

Record all food, fluid intake and symptoms at the times they occur ***Email weekly***

Eat 4-6 smaller more frequent meals and snacks each day. Aiming for 3 smaller main meals and 2 small snacks between meals

Include at least one source of protein (palm size- main meals, 3 finger portion size for snacks) with each meal and snack from a variety of animal and vegan sources. Animal sources (beef, lamb, game meats, offal, pork, chicken, fish, seafood, eggs, cheese, plain yoghurt) Vegan Sources (beans, lentils, split peas, chickpeas, tofu, nuts, seeds, nut and seed meals and butter)

Aim for 2-3 litres of water each day, Opt for good quality purified alkaline water, sipped mostly between meals to avoid diluting digestive enzymes at meal times.

Lifestyle Suggestions

Exercise 3-5 x weekly for a minimum of 45 minutes, including resistance exercise.

Practice good sleep hygiene. Aim to get to bed a little earlier each night

Next appointment post Europe trip