

28.02.23

## 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				2			
Livco		2				2			
PreDop		2				2			
L-histidine	1 level scoop	Mix all together in diluted juice. empty stomach				1 level scoop	Mix together in diluted juice. empty stomach		
L-theanine	1 level scoop					1 level scoop			
Medimaq Calm	1 scoop								
Zinc							1		
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

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.

Record all food and fluid intake. Noting down symptoms at the times they occur on recording sheets given

## 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

## Bring to next appointment

Diet & symptom record sheets, pathology results – Iron studies