

Angela Conte 6.08.20

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Hydrozyme		1		1		1			
Multigest enzymes		1		1		1			
Ultrabiotic 500		¼ tsp							
Herbal		5mls		5mls		5mls			
Withania Complex		2				2			
Lysine 1000mg (increase with outbreak)		1							
Mag Taur Xcell		½ scoop							
Bioceticals Liposomal methyl B12	1 spray								
Pyrrole Protect							1		
HOG calcium K2 D3			1						1
Ultraclean EPA/DHA			1				1		
Nutra-organics Collagen Beauty		1 tblsp							
MSM		2				1			

Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner

Strictly avoid gluten, dairy, refined sugars and carbohydrates and alcohol

Flaxseed/hempseed oil daily

Horsetail tea -1-2 cups daily

Increase water intake maintaining min 2 litres daily away from meals by min 30 minutes

Herbal Cream → apply to affected area with flare ups

Record diet, PH morning and night

Rosemary scalp rub → add 60 drops of rosemary essential oil to 100mls base oil or cream, and massage well into scalp minimum of 3 x per week

Your Next Appointment: pending results of next bloods

Please give 24 hrs notice if you need to reschedule your appointment, to enable others the allocation of this time.