

Ann Knowles 17.06.21

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
S.Bifido biotic (finish off)		1							
Probiotic		1							
Herbal		8mls		8mls		8mls			8mls
Mag tau Xcell		½ scoop							
Melatonin									1-2 chew
Anti-Viral		5mls		5mls		5mls			5mls
Thompsons Vitamin A 10,000iu		5	Take these two together at same for <u>10 days only</u>						
Phospholipid		1							
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

Gluten free

Cut temaze down to half and monitor how feel next day.

Eat 4-5 smaller meals always **including protein** (egg, avocado, cheese, nuts, seeds, lentils, beans vegan or whey proteins)

Vegan protein → raw Amazonia, Prana, Nutra organics

Increase water to 1.5-2 litres per day

Good sleep hygiene → stay off technology at least 2 hours before bed,

Record diet and symptoms, blood pressure where they happen

Your Next Appointment: 4 weeks

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