

Tony Lidiard 1.06.22

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		7.5mls		7.5mls					
Mind Ease		1				1			
MagTaur Xcell		1 scoop							
Redormin (sleep)									2 + extra 1 if wake
Melatonin									1 suck

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

Follow Anti-inflammatory diet (diet sheet provided) → start with removing gluten

Move to more quality protein powder and phase out Sustagen and Ensure. Try a whey based protein powder blended into a smoothie with a berries/ banana etc (brand options → protein supplies Australia, Tony Spffeirs, Bare blends)

Drink 8-10 glasses purified alkaline water daily in between meals

Record diet and symptoms. email through prior to next appointment

Before next appointment → Complete health appraisal questionnaire and Mood appraisal, email through recent full bloods

Your Next Appointment: 1-2 weeks

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