

April Ireland 14.01.21

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal		8mls		8mls		8mls			
Mag taur Xcell		$\frac{3}{4}$ scoop							
Andro NK			1						
Liposomal Vitamin C Hold in cheek	1 tsp								1 tsp
Liposomal Glutathione Hold in cheek	2 sprays								
Inkephalin	2 with juice								
S.Bifido biotic		1				1			
CoQ10		1							
Mushrooms		1							
Inner Health → Multiflora									1
Melatonin trial									1 lozenge

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

Strictly No Gluten, refined sugars or eggs

Trial low histamine strictly for 2 weeks (back to Paleo eating, if no response)

Regular eating, with min 6 meals/snacks daily. Eating every 2-3 hours, ALWAYS INCLUDING PROTEIN.

GP → Coeliac, full hormones, morning Cortisol and DHEA

Record diet, eating times, and symptoms daily. Also note day of cycle each day. i.e. day 1 being first day of menses.

Alkaline water 2-3 litres/daily

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.