

6.09.23

Treatment & Detox Plan for Jen Segail

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Gut-R		1 scoop				1 scoop			
S.Bifido Biotic		1				1			
Clinical lipids			1				1		
Herbal		9mls				9mls			
Resist X advanced			1				1		
Thermoburn			1		1				
Calm X		1 scoop				1 scoop			
Mito xcell		1 scoop				1 scoop			
Probiotic Regenex								1-2 scoops	
Zinc			1 dose						
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Hydrozyme – Start with one tablet and increase by 1 tablet each meal until notice the burn

Absolutely no gluten containing grains or refined carbohydrates. No white stuff!

On the home run with only 3 kilos to go! 🍊 😊

Trial adding in 14-hour fast 2 days per week (non-consecutive days) for 2-4 week stints, up to 12 weeks is optimal to reset metabolism. Fasting days skip one meal to reduce overall calorie intake

Ketostix- check intermittently 1-2 x daily.

Ensure your eating snacks in between (every 3-4 hours) to stabilize blood sugar

Water- minimum of 3 litres daily. Sipping frequently over the day. Thirst usually increases.
Purified Alkaline water is preferable.

Yoga 3-5 x weekly. Utilize Youtube videos from home. Perhaps a short one before bed to improve sleep quality 😊

Utilise exercise, a minimum of 45-60mins 3-5 x a week to help reach your goal by October

Next appointment: 8 weeks