

24.10.23

Treatment Plan for Jennifer Segail

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Clinical lipids			1						
Resist X advanced			1				1		
Thermoburn			1		1				
Calm X		1 scoop				1 scoop			
Cardio-H		1 rounded scoop				1 rounded scoop			

Avoid gluten-containing grains or refined carbohydrates. No white stuff!

Continue fasting. Reduce back to 14-hour fast, cycling 4-5 days ON, 2-3 days OFF. This will challenge your metabolic setpoint, and initiate fat burning.

Add all colours of the 🌈 to your plate, over the week. Change up vege/salad daily to increase nutrients and plant phytochemicals.

Drink 2-3 litres of purified alkaline water, sipped frequently over the day

Yoga 5 x weekly. Utilize YouTube videos from home. Perhaps a short one before bed to improve sleep quality 😴 or a digestive one to relax valves/vagus nerve

Exercise, a minimum of 45-60mins 3-5 x a week

BP readings – Record BP readings twice daily at around the same time each day. Make note of stressful/busy days

Next appointment: as needed