

7.01.25

Treatment Plan for Simone Raven

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Arthrex	1 scoop								
Herbal		9mls				9mls			
Alkamin Calm	Mix together in water	1 scoop							
S.Bifido Biotic <i>finish off</i>		1							
Joint Intensive Care		1-2				1-2			
BIO D + K2		1							
Neurocalm Sleep									2
Meta Pure EPA DHA			2				2		
Resist X Advanced			1				1		
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Alkaline Diet 80/20 Rule. Gluten and dairy-free

Daily - Detox smoothie, add 2 tsp super grass/greens powder (recipe as given)

Lox Tox living

Avoid refined carbohydrates and sugars (No white stuff)

Keep coffee, and alcohol minimal

Avoid all trans/hydrogenated fats i.e margarine, hydrogenated seed oils, processed foods

Include fresh lemon, lime and/or apple cider vinegar, a few brazil nuts and dark green leafy veg daily

Include daily for microcirculation/vascular support - garlic, ginger, turmeric, berries, green tea, small amount min 85% dark chocolate or cocoa/cacao.

Drink 2-3 litres of quality purified **alkaline** water daily (Mostly away from meals)

Gentle Yoga/stretching

Sunshine ☀ daily

Next appointment: 4 weeks

Email through pathology results