

5.11.24

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		7.5mls				7.5mls			
Alkamin Calm	Mix together in water	1 scoop							
Super Greens		1-2 tsp							
S.Bifido Biotic		1				1			
BIO D + K2		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

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 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)

Sunshine ☀️ daily

Record all food and fluid intake, noting down symptoms at the times they occur

Next appointment: 4 weeks

Email through pathology results and diet record