

4.02.25

### 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		1/2 scoop				1/2 scoop			
BIO D + K2		1							
Joint Intensive Care	2 tablets 2 x daily								
Neurocalm Sleep									2
Clinical lipids			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.** 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

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

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

**\*High mineral/calcium-rich foods** - dark green leafy, nuts (almonds) seeds (sesame/tahini), fresh and canned salmon in particular with bones, sardines, amaranth, edamame, tofu, and feta, yoghurt, whey protein, beans and lentils if tolerate

**Microcirculation/vascular support** - garlic, ginger, turmeric, berries, green tea, small amount min 85% dark chocolate or cocoa/cacao.

**\*Daily exercise** – min 40mins to include resistance exercise, weights. Yoga and pilates, stretching for stress.

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

**Sunshine** ☀️ **daily**

**Next appointment:** post blood work