

1.05.25

### Treatment Plan for Michelle Newby

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		7.5mls				7.5mls			
MagTaur Xcell	Mix together	1 scoop							
P2 Detox		1 tsp				1 tsp			
NAC		1gm				1gm			
Resist X Advanced			1				1		

*Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner*

**Gluten-free. Keep dairy minimal**

**Ketogenic diet to Reverse Insulin Resistance, and improve hormone balance, body composition and cardiovascular health.**

Sunshine ☀ daily or light on the face before 9 am. This improves mood and sleep

Exercise 4-6 times weekly, including resistance exercise

\*\*Record Blood Pressure twice daily

Blood work -Full bloods to include Thyroid, liver enzymes, electrolytes, kidney markers, fasting Blood glucose, Hba1c, triglycerides, lipids, inflammatory markers (CRP & ESR), full iron Studies, B12, folate + vitamin D, Zinc, female hormones (prolactin, oestrogen, progesterone, LH, FSH, Testosterone, SHBG)  
Try Dr Jennifer Cortez (Robina Medical and Dental) via telehealth

**Next appointment: 4 weeks**

Book Full Naturopathic post blood work results. Email through pathology results