

22.05.25

Treatment Plan for Deb Borthwick

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		7.5mls				7.5mls			
MitoXcell	Mix together or add to smoothie	1 scoop							
NAC		1 scoop/ 1 spray				1 scoop/1 spray			
Benfotiamine		1 scoop				1 scoop			
N-Regenex		2				2			

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

Mediterranean Diet – good quality protein, variety of colourful veg and good fats.

More protein for Breakfast and lunch – avocado, chicken, meat, egg, nut butter.

PROTEIN OPTIONS Animal sources (beef, lamb, game meats, offal, pork, chicken, fish, seafood, eggs, cheese, plain yoghurt/Yopro, whey protein powder, collagen) Vegan Sources (beans, lentils, split peas, chickpeas, tofu, nuts, seeds, nut and seed meals/butter, rice or pea protein)

Detox smoothie (every other day) banana, orange, ¼ cup wild blueberries, few stalks of coriander, 1-2 tsp super greens, 1 tsp Atlantic dulse, coconut water

Daily Vascular support foods – Cocoa or 1-2 pieces daily dark chocolate (85%), ginger, garlic (preferably raw ½ -1 clove daily), turmeric, berries ½ cup, green tea (1-2 daily), beetroot/Juice

Avoid alcohol, refined carbohydrates and sugars (No refined 'white' simple carbs/sugars)

Increase alkaline filtered water – add pinch of Celtic sea salt to first glass of water

Exercise routine for muscle strength and coordination daily. Link and Youtube videos

Avoid all trans/hydrogenated fats i.e margarine, seed oils processed foods. Only use Extra virgin cold pressed Olive and Coconut Oils, Ghee, Tallow.

Sunshine ☀ daily

Low Tox Living

Next Bloodwork – **Liver enzymes**, Electrolytes, kidney markers, Lipids, fasting blood Glucose, **Full iron studies**, **B12**, folate, **ferritin**, **TSH**.

Next appointment: 6 weeks