



NATUROPATHIC PROTOCOL

Hannah

Including adjustments to previous prescriptions

Morning (7-9am)

Take with meal, away from pharmaceutical medication

- Take 1 teaspoon P2 Detox in water
- Take 1 cap D3 thorne (will review after pathology)

With meals *Take 15 minutes before or with meals*

- Take 1 x capsule Enterozyme, 15 minutes before, or with meals

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 1 teaspoon P2 Detox in water

Exercise (anytime)

- Take 1 dose Sodii Hydration with water

Diet & Lifestyle

- Protein awareness
- Add 1T LSA (fibre)
- GP Visit
- Ovulation tracking