

Treatment Plan

DATE:

24th September 2025

NAME

James Pope

DURATION

8 weeks

OBJECTIVE

Fertility support, key nutrient repletion, methylation support, liver and gut detox, improve lipid protein ratios, balance microbiota

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		8mls				8mls			
MitoPro		1 scoop							
P2 Detox (10-14 days)		1 tsp				1 tsp			
S.Bifido Biotic		1				1			
MTHFR B12		5 drops							

DIET & LIFESTYLE

Mediterranean style Diet – Focus on good clean proteins + coloured veg + good fats

Strictly no seed oils, trans or hydrogenated fats. Only consume olive oil, ghee, tallow, coconut oil, butter

Avoid all gluten, limit alcohol, refined carbohydrates and sugars

Exercise 4-5 times a week

NEXT APPOINTMENT

8 weeks, email through additional pathology