



TREATMENT PLAN – JAN KENNINGS 13/8/21

Diet recommendations:

- Foods that trigger reflux/indigestion - coffee, tomatoes, spicy foods, alcohol, citrus, dairy foods and sometimes grains (wheat especially).
- Avoid inflammatory foods when possible– gluten, cow dairy, limit coffee, refined sugar and alcohol.
- See attached Protein sheet - aim for 85-90g protein a day - also important for bones.
- Eating foods rich in D, K,, Magnesium & Calcium - see nutrient sheet.
- Incorporate foods like fermented soy (Bonsoy, tempeh, katto, edaname), freshly ground linseeds and sesame seeds (including tahini) to support your oestrogen status.

Other:

- Pukka - Marshmellow, fennel
- Avoid lying down after eating for an hour
- Stomach-Settling Kuzu Cream:

Makes 1 cup

This rejuvenating tonic is most effective when taken about one hour before meals (preferably in the morning when the stomach is empty). This recipe makes a thick, pudding-like cream. If you'd prefer to make a thinner drink, reduce the amount of kuzu to one rounded teaspoon.

1-1/2 tablespoons kuzu starch

1 umeboshi plum, pitted and minced, or 1 teaspoon umeboshi paste

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		3 caps					
Pure Encapsulation Liposomal Glutathione caps						1-2 caps	FX Med
Bioclinica Naturals D3/K						2 gel caps	
Bioconcepts Hydrozyme		1/2 tab				1/2 tab	For stomach acid
RN Labs Mag Citrate		2 caps				2 caps	To start after you finish Mag Citrate
Bodybio eLyte		1-2 capful					Sip in water during day
Metabolic Maintenance Cal/Mag Plus with Vitamin D and Vitamin K-2 M7						1 cap	Fx Med; calcium supp
Thankfully nourished Marine collagen		1 dessert spoon					See link below
Progut						1 satchel	
Orthoplex Gut Rx						1 scoop	vital.ly

<https://thankfullynourished.com.au/products/thankfully-nourished-marine-collagen-100g>

