



TREATMENT PLAN – JAN KENNINGS, 20/2/19

Diet recommendations:

- Include zinc rich foods in your diet as much as possible – please see attached for nutrient sheet with food list
- Avoid inflammatory foods – see diet sheet attached
- Continue to include resistant starch and polyphenol foods in your diet every day when possible.

Assessments:

- Private DHM request to assess additional thyroid hormones
- Nutripath CDSA 3+ and PCR referral

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioactive B		1 cap					
Curcuforte (curcumin)		1 cap				1 cap	Skip every 4 th day
Magnesium Diasporale						1 satchel	
Progurt satchels		1 satchel					Only do this twice
Mutaflor		1 cap					Slowly cut down every 1-2 days
BicoZn (zinc)						2 caps	
Sea Buckthorn (Alpha EFA)		1 cap				1 cap	