

TREATMENT PLAN – JAN KENNINGS 23/2/2021

Diet recommendations:

- 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:

- Strength/ resistance training to build bones - try something small every day, even if its squats while you brush your teeth or similar.

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		3 caps					
Basica Activ Mineral Salts Pure						1 satchel	Take occasionally; good for after exercise
Bioclinica Naturals D/K						3 gels caps	
Bioconcepts Hydrozyme	1 tab				1 tab		For stomach acid
Mag Citrate		2 caps				2 caps	To start after you finish Mag Citrate
Thorne Zinc Bisglycinate						2 caps	Fx Med
Metabolic Maintenance Cal/Mag Plus with Vitamin D and Vitamin K-2 M7						3 caps	Fx Med; calcium supp
Thankfully nourished Marine collagen		1 dessert spoon					See link below
Thorne Berberine 500		1 cap				1 cap	FX Med; 4-6 weeks; natural antibiotic for your gut
R Nutritionals Trifortify Glutathione gel						1 tsp	FXMed; Detrox/ gut

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