



## TREATMENT PLAN – JAN KENNINGS 14/9/21

### 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.
- Drink organic bone broth as often as possible

### Other:

- Resistance exercise - 3-4x a week for 30min; a good practice is to do squats at the bathroom sink when you clean your teeth
- Oil pulling: <https://www.healthline.com/nutrition/6-benefits-of-oil-pulling>
- Later - potential D3 IV infusion with integrative Dr/nurse in London

### Prescriptions

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		3 caps					
Pure Encapsulation Liposomal Glutathione caps						1 cap	FX Med
Thorne Berberine 500		1 cap				1 cap	
Bioclinical Naturals D3/K						4 gel caps	
Bioconcepts Hydrozyme		1 tab				1 tab	For stomach acid
RN Labs Mag Citrate		2 caps				2 caps	To start after you finish Mag Citrate
Bodybio PC						1 cap	
Bodybio eLyte		1-2 capful					Sip in water during day
Metabolic Maintenance Cal/Mag Plus with Vitamin D and Vitamin K-2 M7						4 caps	Fx Med; calcium supp
Thankfully Nourished Marine collagen		1 dessert spoon					See link below
Progurt						1 satchel	Finish it up
Orthoplex Gut Rx						1 scoop	Finish up

<https://www.progurt.co.uk>

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

<https://au.iherb.com/pr/thorne-research-berberine-500-60-capsules/46113>

