

Ms Kate Winch

Prescription

Address

Ms Kate Winch
13 Oxley Street
Sunbury VIC 3429
Australia

Practitioner

Helena Davis

Appointment

16 Feb 2024, 2:30PM

Created

16 Feb 2024, 3:06PM

Last updated

16 Feb 2024, 3:10PM

Your Prescription

Supplementation Dosage

x3/day, 5MINS+ BEFORE BREAKFAST, LUNCH & DINNER:

- Herb Mix (mix into 20ml warm water) x5ml
- Bioceuticals Clinical - SI Complex x1
- NutriCology - ButyrAid x1
- Designs For Health - FloraMyces x1
- Metagenics - Inflammation Sustained Care (as reqd pain) x2

x1/day, 5MINS+ BEFORE BREAKFAST:

- *Sertraline 100mg x1

x1-2/day, BEFORE/DURING BREAKFAST & DINNER:

- NAC 600mg x1

x1/day, BEFORE BEDTIME:

- Bioceuticals - UltraMuscleze Night x1 scoop
- Designs For Health - ProBioMed 50 x1
- *Seroquel 25mg x2-3

Herbal Tincture Ingredients

210ml x5ml tds (Clivers 40, Cloves 30, Echinacea 60, Gentian 40, Pau D'Arco 30, Poke Root 5, Ginger 5, Nux vom 30c x6 drops)

Dietary Recommendations

Restore Your Gut Diet-1 - (<https://bit.ly/3cZh5tj>)
Enjoy Avocado, Kiwifruit, Berries, Lemons, Limes, Zucchini (increases butyrate)

- Upon Rising: Cup of Bone broth OR Peppermint Tea
- Breakfast: Green Smoothie & Coffee Bonsoy Milk Latte
- Morning Tea: Dairy Yoghurt
- Lunch: Vegetable soup OR Chicken & Quinoa/Buckwheat/Millet
- Dinner: Meat & low starch veggies roasted/steamed/salad

Avoid: Sugar, Rice, normal Pasta, Potatoes, Junk Food

Lifestyle Recommendations

- Melrose - Brain Power MCT Oil, apply to hands

****Prescription Valid For 12 Months**** Take medication as directed and do not exceed recommended dosages