

boric muris

Visited on Fri 09 Aug 2024

Hi Muris,

Here is your adjusted plan with suggestions. My apologies for the delay, you have such a diverse plan with multiple practitioners involved it always requires a careful overview before suggesting any adjustments.

Indicators (from your last review)

wetslide

1. low to moderate yeast (candida albicans), indicative of overgrowth and a leaky gut
2. low magnesium in red cells (normally biconcave shape, 50% were flat)
3. T and B cells enlarged and active (indicative of viral exposure), common observation at this time of year
4. white cell inclusions (indicative of the presence of pathogens)
5. parasite indicators

Pathology tested recently

1. insulin 10. too high , aim is 3-5
2. homocysteine 13, still too high aim is 6-7.
3. ferritin, (iron stores) 150 plus, it may be worth considering donating some blood and reducing the ferritin to 60- 100 as it stored iron can be pro inflammatory and cause fatigue.

Additional supplements to the list you gave me.

I would only suggest the following

1. more magnesium , do you have any in your collection, if not there are quite a few that I can suggest.
2. the hidden infection herb mix sounds appropriate however I have no idea what is in it. We can make up our own or you can use Prof Cosfords. Do you have a list of the herbs in the mix.

Kind regards

Andrew Wilkinson

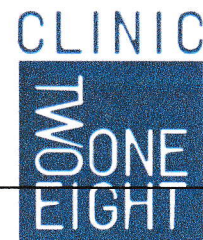
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**boric muris****Visited on Fri 19 Jul 2024**

1. nattoseeo
2. agug nac
3. vitamin C clre re nutritionals
4. iodoral 6.25 mg a few days \ cannot tolerate the liquid
5. tiger a320
6. d3 \ k2
7. biocuticals methyl \ rn labs re homo
8. chromiu,
9. nigealla seed oil 3 mls opt rx 10 st j wort 1 ml
10. olive leaf
11. NC gut relief
12. 3 probiotics
13. pharm k way repairase
14. joint complex \ prof one
15. bio medica , silicium \ re low in oligo scan
16. c max
19. alka max pre bed
17. strep and heart hersb secret mix \ cosford \

review in 6- 8 weeks

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