



Please note: recommendations are not intended to be permanent. Unless specifically told otherwise, these guidelines are not to be continued for longer than 1 month.

Date: 9.7.21 Name: Mia Delaney

DIET

ONE

Increase garlic & onion significantly for the sulfur component, to assist with viral clearance through the liver and to support gut health

1 tsp sauerkraut/ carrot/ apple blend per day

TWO

Gluten free diet eg San Remo Pulse pasta and other legume pastas; Helga or Abbots GF bread; Spelt sourdough from Organic Feast might be ok

Look for ways to increase eggs for the sulfur, fats and protein content eg choc bean cake or pikelets

THREE

Increase cruciferous vegetables ie broccoli, cauliflower, cabbage, Brussel sprouts for the sulfur content

SUPPLEMENTS

Mediherb Viraimmune x3 / day

Bioclinical OptiD x4/ day (alternative is Eagle Vit D spray x5/ day)

RN Labs Trace Mins Complex x1 / day

REVIEW

Tue 31st Aug 3.30pm