



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: Susan Judd

Supplement	Reason	Breakfast	Lunch	Dinner	Bedtime
Thompsons Cod Liver oil capsules	For encouraging good respiratory health and prevent ongoing mucous	X2		X2	
Mediherb Sinus Forte	For reducing mucous, with anti-catarrrhal herbs	X1		X2	
Healthwise GABA	To reduce pain, encourage sleep, reduce anxiety				500- 1000g (1/4 to 1/2 tsp) Best taken with a little juice
RN Labs L-theanine	To encourage sleep, reduce anxiety				300mg (6 scoops) with a little juice
Added 17/7 Maltofer				X1	

DIET

Dairy free trial for 4 weeks. Do not use soy alternatives.

Milk -> plant based options, coconut milk, coconut cream

Yoghurt -> Nakula brand of plant based blend options

Butter -> Nuttelex or the vegan butter versions

Icecream -> as long as it is not soy based, you can have it

Cream -> no good options, only coconut cream which doesn't really whip

Cheese -> most popular option is Biocheese in supermarkets. Any vegan cheese will do but just check there isn't any soy. Sheese do nice cream cheese options but check for soy.

Also refer to handout.

OPTIONAL

Black Adder licorice tea is a good brand of this herb which is traditionally used to break down mucous. May not want to do it if you dislike licorice! Drink at least 1 cup daily.

OTHER RECOMMENDATIONS

MPublicHlth, BHSc (Comp Med) Adv Dip Nutr Med Adv Dip WHM TAE Cert IV MATMS MCMA

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NEXT Appt:

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