



Supplement Schedule

Beth Lindsay

MORNING

Support & Calm Herbal Formula
40 drops diluted in small amt of water

Summary

- Support and enhance immune system and function
- Address adrenal fatigue and reduce cortisol
- Calm nervous system
- Eliminate congestion and viral symptoms
- Reduce inflammation and enhance antioxidant status
- Develop resistance to illness susceptibility

DAY

Homeopathics: Calc Carb 30C
5 drops Mon, Wed, Fri
*Refer instruction sheet for further instruction

Daily Goals

- Add in a small breakfast type of food prior to your coffee in the morning. Something that is easy to quickly grab and eat while feeding Rory - E.g. handful of nuts/seeds/trail mix, boiled egg, chia pudding prepared night before, overnight oats.

EVENING

Support & Calm Herbal Formula
40 drops diluted in small amt of water



Sacred Sage
Apothecary