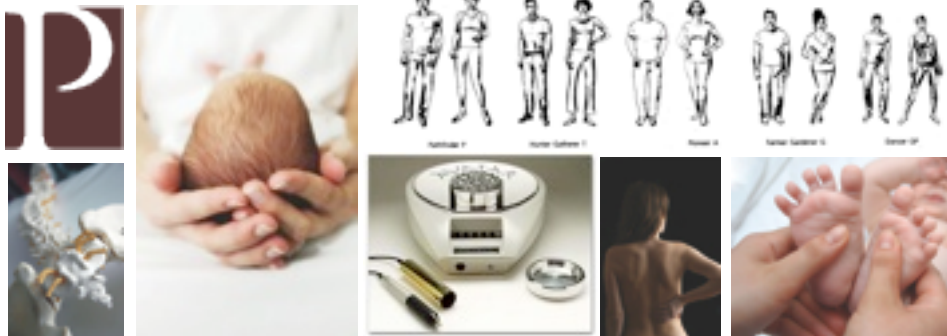

Now you have your supplements, what else can you do?



On the following pages is a pathway to re-creating your health. Go down the list and address each one as best you can. Each of us is different so will need more attention paid to different aspects. For example the supplements may completely help some one whereas another will need diet changes and supplements and food intolerances investigated. The most important, in most incidences, is at the top of the list. You may need help to fully investigate each stage, if you do please email me christian@theperrymount.com. I have included links to my website where I have provided more information sheets you can download and also links to external websites that provide other services, which can be ordered through myself.

TICK THE STEPS YOU HAVE ADDRESSED!

Take your supplements from your Avatar scan

Please contact the clinic if you have any questions. Remember we are trying to find the best dosage for you.

Eat according to your individualised food plan

Metabolic Typing - The best choice

£45 current patients. £85 non-patients inc. telephone & email support. To buy and for more information go to <http://www.theperrymount.com/shop/shop.html>

Food plan created to the specific condition you have, showing foods researched to benefit and aggravate your condition. For example you may have done your Metabolic Typing but could also use a list of foods known to aggravate arthritis for example.

£20, posted or emailed as pdf to you. Free if you are a current patient.

Drink good quality water

Drink 6 - 8 glasses of water per day. Listen to your thirst!

Your food allergies

Blood test to find food intolerances - Genova Diagnostics - The best choice

FACTest (blood) £245 (over 120 foods and additives)

To order phone the clinic as we have kits available for pick up or phone Genova Diagnostics directly using the order code 3238, you can order on tel. number 0208 336 7763 or email: kitorders@gdx.net. You will need to have your blood taken, usually from the nurse at your GP's.

Sample report:

http://www.gdx.uk.net/files/profile_assets/sample_report/fact%20sr.pdf

Food allergy scan using the Avatar EAV instrument

£80 Better when only testing a few foods and also to find the cause behind the allergies.

Understanding food allergies:

http://www.gdx.uk.net/files/profile_assets/referenced_materials/FACTest%20Deconfusing%20Allergy.pdf

Your custom supplement protocol

EAV assessment on the Avatar device

£80 for assessment. Supplements extra, approx. £80. Restoring Cellular Communication Protocol is £250 for the complete package - does everything

Supplement protocol according to your Metabolic Typing results. Your protocol will be included in your MT results. Ideal as a daily maintenance supplement and to be used in conjunction with the EAV protocol.

Eliminate toxins and other blocking factors

Download the blocking factors list at:

<http://www.theperrymount.com/therapies/therapies/metabolictyping.html>

Add into your lifestyle more healthy practices

Download program enhancers

<http://www.theperrymount.com/therapies/therapies/metabolictyping.html>

Heavy metal toxicity

Avatar scan to check for toxic metals

Hair mineral analysis

Genova Diagnostics hair sample £75

Sample report:

http://www.gdx.uk.net/files/profile_assets/sample_report/ELE01%20Hair%20Mineral%20Analysis%20Sample%20Report.pdf

Correct breathing technique

Don't underestimate the importance of **breathing correctly!** Incorrect breathing has been researched to be a factor in many illnesses including chronic pain, anxiety, hormone problems and even low back pain.

Download the instructions from:

<http://www.theperrymount.com/downloads/downloads.html>

Blood sugar levels

Buy and use a glucometer to measure your **blood sugar levels** 4 times throughout the day. The levels should remain within the normal levels as described in the instruction (4.4 to 6.1 mmol/L, 82 to 110 mg/dL). Metabolic Typing® foods plans will help achieve this nice plateau of blood glucose levels throughout the day. Directly after food there will obviously be a rise in the glucose levels although it is very strictly controlled by the body.

Address emotional issues

Sleep and rest well. Go to bed at 10 o'clock or earlier

Start **meditating** / visualisation / controlled breathing for 10 minutes twice per day.

Are your emotions being detrimental to your health? If they are have you tried to find help through Neuro Linguistic Programming or life coaching which we offer at the clinic.

Start moving your body

- Exercise** appropriately for your fitness, age and illness. If you have adrenal fatigued, this should be only light movements, such as Tai Chi, Chi Gung and walking.
- Remember if you are exercising a lot, ie without a days rest in between, then your may have to cut back for a period of time to allow your body time to rest and repair.

Circulation

- Start **dry skin brushing** before you shower or bath using a large bath brush. In small circles brush your skin from your feet up your legs, from your abdomen and low back up your body and your hands up your arms, all towards the heart.
- After you shower briefly **spray yourself down with cold water to stimulate your circulation.** If you bath then stand up and spray yourself down with cold water in the same manner.

Electro-magnetic interference and “sick house syndrome”

Does your house have problems that may be detrimental to your health, such as electro-magnetic interference, from power lines, mobile phones, WiFi, DECT house phones etc..

It is can also be very beneficial to have your house “arranged” correctly according to Feng Shui principles. Please email the clinic for more information.