

**K. Camille Freeman**

# Camille's Test Recommendations

**Prepared by** Camille Freeman, LDN, RH on October 25, 2020  
**Start date** October 25, 2020  
**Duration** 4 weeks

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## Focus

Support focus and anxiety during a pandemic

Hi Camille,

Here's a test protocol. It is a pandemic, after all, so you should probably be doing more to support yourself! Below you'll find a few key things to work on between now & our next visit.

In addition to the recommendations below, I also recommend reading these books:

- This one,
- This one,
- This one, or
- This one

Do be in touch if you have any questions. Let's schedule our next appointment in early December.

Take care,

Camille

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## Food Recommendations

### Foods to Include

#### Five to six servings of veggies daily

As we're heading into fall, you might consider adding in veggie-rich soups & stews. Stir-fry is also a lovely meal for this time of year; use plenty of ginger. Here's a recipe.

### Foods to Reduce

## **Caffeine**

Since you're having trouble sleeping, consider cutting back to 2 cups of coffee daily and avoiding any caffeine after lunch.

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## **Supplements**

### **PhytoMulti® with Iron**

*Metagenics, 60 tablets*

**1 tablet / Twice per day (With breakfast; With dinner)**

Take with meals

### **HPA Adapt**

*Integrative Therapeutics, 120 capsules*

**2 capsules / Twice per day (Mid-morning; After dinner)**

Take on an empty stomach

### **Magnesium Glycinate Complex**

*Klaire Labs, 100 capsules*

**1 capsule / Once per day (Before bed)**

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## **Lifestyle Recommendations**

### **Meditate for 15 minutes daily**

Consider using the Calm, Headspace or Insight Timer apps

### **No electronics in the bedroom.**

Electronics are stimulating and their light can negatively affect melatonin (sleepy time hormone) levels. Keep electronics such as televisions, computers, smartphones, gaming consoles and e-readers off in the bedroom.

## Supplement Chart

| Supplement  | Upon rising | With breakfast | Mid-morning | With lunch | Mid-afternoon | With dinner | After dinner | Before bed |
|---|-------------|----------------|-------------|------------|---------------|-------------|--------------|------------|
| <b>PhytoMulti® with Iron</b><br>Metagenics, 60 tablets          |             | 1 tablet       |             |            |               | 1 tablet    |              |            |
| <b>HPA Adapt</b><br>Integrative Therapeutics, 120 capsules      |             |                | 2 capsules  |            |               |             | 2 capsules   |            |
| <b>Magnesium Glycinate Complex</b><br>Klaire Labs, 100 capsules |             |                |             |            |               |             |              | 1 capsule  |