Medication and supplements	Amount	Frequency	Time taken	Source	
Fenbendazole	1 gram	3 days on 4 days off 10 weeks on 10 weeks off	Breakfast with yoghurt	Pet shop on line	
Claritin	I tablet	Daily	Breakfast	Boots	
Metformin	500mg	Daily	Breakfast	GP	
Super probiotic		Daily	Breakfast	Healthspan	
Ground Ginger	1 teaspoon	Daily	Before Breakfast in water or sprinkled on food		
Berberine	200mg	Daily	Breakfast	On-line health food	
CBD oil	2 drops	Daily	Any time	On-line health food	
Turmeric	400 mg	Daily	Breakfast	Holland & Barrett	
Low Dose Aspirin	80 mg	Daily	Breakfast		
Calcium & Vit D		Daily	Breakfast	Wilcos	
Kelp	15mg	Daily	Breakfast	H&B	
Omega 3 Oils	Capsule	Daily	Breakfast	Wilcos	
Glucosamine	1000mg	Daily	Breakfast	Wilcos	
Letrozole	2.5 mg	Daily	Before bed	GP	
Simvastatin	10mg	Daily	Before bed	GP	
Quercitin	250mg	Daily	Breakfast	On-line health food	
2 cups green tea		Daily	Any time		
2 cups earl grey tea		Daily	Any time		
Garlic capsule	6000mg	Daily	Breakfast	On-line health food	
Flaxseed	Teaspoon	Daily	On breakfast	On-line health food	