



## TREATMENT PLAN

**CLIENT:** Ingrid Clarke

**DATE:** 29/10/24

**Practitioner:** Leigh Gibbs

### TREATMENT AIMS:

1. Support nervous system, liver & digestion
2. Reduce inflammation & acidity & improve lymphatic congestion
3. Increase calcium intake.

### Dietary /Lifestyle Requirements:

Options for calcium rich foods. Aim for 4 servings per week.

Tahini, sardines, bok choy, sesame seeds, almonds, seaweed/kelp, soy milk, edamame (easy to throw in salads), oysters, prawns, snapper, oranges, dark leafy greens.

Sardines - canned or fresh. I love them on toast with avocado, lemon juice, sprouts and salt and pepper. Tinned salmon also great. You could make salmon rissoles? Or use in your salad.

### SUPPLEMENTS:

Magnesium - another option is Ethical Nutrients Mega Magnesium Night. Be mindful that too much magnesium can cause loose stools and knock out calcium and sodium levels. Just make sure you are getting enough salt in your diet and added calcium.

**BASSICA** - Multi mineral alkalising formula. To support over all hydration and lower acidity.

DOSE: 2 teaspoons in 200ml of water, daily. (Please take away from herbs)

**GIT Herbal Mix:** support digestion, liver and lymphatics.

DOSE: 2.5ml 3 x day 15mins before food

**Nervous System Herbal Mix:** Nourish nervous system and improve mood and vitality.

DOSE: 2.5ml 3 x day as needed.



**Supplement Schedule:**

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BASSICA	2 tsps in 200ml as needed					
GIT Herbal Mix	2.5ml	2.5ml	2.5ml	X		
N/S Herbal Mix	2.5ml	2.5ml	2.5ml			

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**Referrals and Testing: N/A**

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**Next Appointment: As needed.**

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