

NADA Wellness

Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

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TREATMENT PLAN

CLIENT: Torah Christie

DATE: 20/2/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Initial Appt:

1. Support Gall Bladder/Liver health - herbs/supplements
2. Support red blood cell health/iron regulation - supps/food
3. Continue to reduce inflammation - supps/minerals.

Follow Up Appt:

Monitor progress. Redo bloodwork to look at liver markers and iron status.

Dietary /Lifestyle Requirements:

Your cholesterol was quite low. Your brain, nerves and hormones need cholesterol to be made. Please increase healthy fats in your diet.

MCT oil is a medium chain oil, that is more readily used by the body to increase energy, brain function and reduce inflammation. Coles stocks the Melrose brand.

COPPER - copper is a very important nutrient to assist in healthy iron levels and red blood cells. Please enjoy some dark chocolate daily to increase this nutrient. :)

COCONUT WATER - enjoy after a workout to replace minerals.

IRON - Your iron is on the low side. Please remember to consume red meat 2-3x per week and enjoy with vitamin C rich foods to help absorption

SUPPLEMENTS:

- **MagTaur Xcell** - to support energy, wellbeing and replace nutrient deficiencies from the OC Pill.

DOSE: 1 scoop in 200ml of water, anytime in the morning.



- **Nordic Naturals Cod Liver Oil** - reduce inflammation and support iron regulation.

****PLEASE STORE IN FRIDGE****

DOSE: 2 caps daily.

- **Tissue Salts** - support mineral intake for healthy skin and immune function.

DOSE: chew 2-4 pills daily.

- **HERBAL Mix:** This will help to bring your liver/gall bladder markers down and support healthy digestion and skin.

DOSE: 2.5ml in a little water, 2 x day. Preferably before meals, but whenever you can is fine too.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
MagTaur	1 scoop			Anytime in morning		
Cod liver Oil	2 caps				✓	
Tissue Salts	2-4 tablets daily					
Herbal Mix	2.5ml		2.5ml	✓		

Referrals and Testing:

N/A

Next Appointment: Mid - late march

