

27.03.25

## Treatment Plan for Katie Richardson

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		8mls				8mls			
L-Theanine		1				1			
Magnesium Night Plus									1 scoop
HPA Essentials			1		1				

*Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner*

Gluten-free

Avoid refined carbohydrates and sugars (No refined 'white' simple carbs/sugars)

Eat your food in this order – start with salad/veg → protein → fat → carbohydrates

Sunshine ☀️ daily

Record all food and fluid intake, noting down symptoms at the times they occur

Blood work -Full bloods to include full blood count, liver enzymes, electrolytes, kidney markers, thyroid, fasting Blood glucose lipids, full iron Studies, B12, folate, zinc and copper, cortisol

**Next appointment: 3 weeks**

Email through pathology results and diet record