



TREATMENT PLAN

CLIENT: Sue Quinn

DATE: 28/3/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Improve diet and increase nutrient intake.
2. Continue to support gut health & mood.
3. Improve iron status

Next Appt:

1. Assess bloodwork
2. Make adjustments to treatment as necessary.
3. Peri menopause.

Dietary /Lifestyle Requirements:

- FREEZER PREP - As discussed please put aside some time for freezer food prep. Suggestions include: Taco mince, bolognese, Pork san choi bau mix, soups, lasagna, spinach/ricotta cannelloni, quiches.
- LUNCH PREP: vietnamese rice paper rolls, sushi - pre cook sushi rice and just add tuna/avo, chicken or whatever.
- DIPS - are great to have in the fridge for a snack also. The Pipel Hummus is amazing! And no nasty ingredients. You can get it from Woolies. Try and steer clear of products that have canola oil.

Here are some websites that I like for meal ideas.

<https://wellnourished.com.au/category/recipes/>

<https://www.loveandlemons.com/>

<https://wholefully.com/salad-in-a-jar-101/>

<https://minimalistbaker.com/>

- FRUIT: eat at least 3 pieces of fruit a day. Include an apple.
- PLEASE REMEMBER TO KEEP YOUR FOOD DIARY



- **PROTEIN** - Very important to help with making dopamine (deficient in restless legs) Include at every meal. (But make sure you are drinking enough water, as protein can be harsh on the kidneys)
- **SALT**: please add small amounts of salt to your meals.

SUPPLEMENTS:

As per previous treatment plan.

Just switch out the iron for the Metagenics Iron Advanced.

Put your dropper bottle of herbs and digestive enzymes in your hand bag.

Let me know if you run out of anything. I'll switch you back to the Mag Restful Night powder once you've finished the tablets. Also switch up your zinc, depending on iron results.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Iron - every 2nd day	1 tablet			X		
Digestive Enzyme	1 tablet	1 tablet	1 tablet		X	
Vit B's - alternate with Iron	1 tablet					X
Zinc - on the day you take B's	1 tablet				X	
GIT herbal Tonic	5ml	5ml	5ml			X
N/S RLS Herbal Tonic	5ml		5ml			X
Bassica - 1 tbsp in 200ml water			1 tbsp	Any time in the afternoon		
MagDuo			2 tablets			X

Referrals and Testing:

Blood test. Please test in the next week or so and ask for the following:

Iron Panel, CBC, E/LFT, Thyroid, Fasting blood sugar, Lipids, Vit D, DHEA.

Next Appointment: 18th April 10am (change if needed)

