

Treatment Plan

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nutritionist and naturopath

Treatment Goals:

- Address Candida overgrowth and potential parasite exposure
- Strengthen adrenal function and stabilise energy levels
- Calm and nourish the nervous system
- Restore and support the gut microbiome after treatment for fungal and parasitic infection

Phase 1: Candida + Nervous System Support

Duration: 3–4 weeks

Focus: Antifungal activity, gentle microbial clearance, nervous system and adrenal support

Custom Herbal Tincture (315 mL)

Dose: 7.5 mL, two times daily before meals

- Echinacea – Strengthens immune response.
- Calendula – Decreases gut inflammation.
- Chamomile – Calms the nervous system and supports a decrease in inflammation of the gastrointestinal mucosa.
- Schisandra – Supports stress resilience, liver detox, and overall vitality.
- Oats Seed – Nourishes the nervous system and helps restore calm and energy.
- Rhodiola – A stimulating adaptogen that boosts energy, focus, and physical endurance.

Supportive Tea: 1–2 cups/day

Suggested herbs: Pau d'Arco, Lemon Balm, Calendula, Fennel, Tulsi

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Phase 2: Parasite Clearance

Duration: 3 weeks

Focus: Target potential parasites and stubborn Candida biofilms

Herbal Tincture Blend (*Short-Term Use*)*

Dose: Start with 30 drops 3x daily and build to 40 drops 3x/day if tolerated in the second week. After the second week, a maintenance dose of 30 drops once daily 3x/week

- Juglans nigra (Black Walnut Hulls) – Antiparasitic, antifungal
- Artemisia absinthium (Wormwood) – Antimicrobial, digestive stimulant
- Syzygium aromaticum (Clove) – Antifungal, biofilm breaker.

Note: Ensure bowel movements are regular and hydration is adequate during this phase.

If any new symptoms start please discontinue use.

Probiotic & Gut Support

- Biome Advanced: Begin probiotic with anti-worm protocol.
- Biome Her: Start probiotic after both herbal tonics are finished
- Dose: 1 capsule daily 30 minutes before breakfast

Optional Fermented Foods:

- Coconut kefir, sugar-free sauerkraut, coconut yogurt (if well tolerated), tempeh.

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Lifestyle & Nutrition Recommendations

- Continue wholefood, organic, plant-based diet
- Limit refined sugars and yeasts during the antimicrobial phase
- Emphasise cooked foods during intensive herbal phases
- Support detox with hydration, movement, and fibre (chia, flax, psyllium if needed)

Follow-Up Plan

- Review progress after 3 weeks
- Adjust supplements/herbal tonic if needed according to symptoms
- Long-term goal: transition to gut healing and microbiome restoration phase

Pathology for Review

- *Oestradiol, Progesterone, LH, FSH, LH to FSH ratio, Testosterone, Free Androgen Index, SHBG*
- *IGF-1*
- *Cortisol (saliva or urinary)*
- *TSH, T3, T4*
- *Fasting Glucose*
- *HbA1c*
- *Cholesterol*
- *Triglycerides*
- *Iron, Transferrin*
- *Transferrin Saturation, Ferritin*
- *Active Vitamin B12*
- *Folate*
- *Vitamin D*
- *Comprehensive stool test*