



TREATMENT PLAN

CLIENT:

DATE:

Practitioner: Leigh Gibbs

Hi Al,

Just a quick note on the ADHD medication - please note that going on and off the medication can create very large deficits in your neurotransmitters and subsequent mood swings. I strongly recommend you either go on a small dose or off it completely. It is not designed to pulse and dangerous to use intermittently. :)

I would like to focus heavily on your gut and liver health once you start taking the supplements below and begin to feel a little better.

I suggest revisiting your GP for blood work. Ive noted the tests to ask for below.

TREATMENT AIMS:

Initial Appt:

1. Support hormonal balance
2. Reduce GIT symptoms
3. Nourish liver
4. Improve sleep

Follow Up Appt

1. Address gut health.

Dietary /Lifestyle Requirements:

On rising - 1 cup dandelion root tea, then breakfast.

Gluten - is very inflammatory and can damage the gut lining. Try going gluten free for 1 month. There are some good options available now for breads and pastas. You can reintroduce slowly later.

Dairy - because of your current GIT symptoms, I'd steer clear of dairy for 2 weeks.

Coffee - only 40mins after food. Whilst you have your gut symptoms I'd steer clear for 2 weeks also.

Vit D - get outside every day in the morning for 20mins, no sunscreen (except on face)



Cashews - these are very high in zinc and tryptophan. Tryptophan is the precursor to serotonin and then serotonin goes on to make melatonin (needs magnesium to do this). Please eat a handful per day or add to smoothies, salads.

SUPPLEMENTS:

- Premular - Vitex herb to support hormonal balance. Can raise dopamine levels also.

DOSE: - 1 tablet on rising. **There doesn't appear to be any contraindications with taking this and the ADHD meds. I have checked. Please note any changes in mood/aggression if you do take together.

- GenoMulti Active - support nutrient deficiencies, energy, hormonal and nervous system health.

DOSE: 1 capsule in the morning with food.

- MagEze - your product. To assist with energy, mood, hormones and sleep.

DOSE: 1 capsule in the morning. **Please note this is a large dose. It may cause loose stools. Also make sure you are having salt and calcium in your diet, as magnesium can deplete these nutrients.

- Cymbiotica Adrenal Tonic

DOSE: as instructed in the morning.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Premular Vitex - on rising	1 tablet			✓		
GenoMulti Active	1 capsule				✓	
Magnesium	1 capsule				✓	
Symbiotica Adrenal Tonic	12sprays					
Bioglan Ashwaganda			1 tablet			✓

Referrals and Testing:

GP for the following bloodwork:

Iron Panel, CBC, E/LFT, Lipids, Fasting Blood Glucose, Vit D, Thyroid, B12, CRP, Serum Copper & Zinc.
Estrogen, DHEA, Progesterone, Testosterone.

Next Appointment: Early 2025.

