

Treatment Plan

DATE:

15th April 2025

NAME

Sian Burton

DURATION

2 weeks

OBJECTIVE

Treat Dysbiosis, Improve microbiota balance, Gut Repair

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
Gut R		1 scoop							
S. Bifido Biotic		1				1			
Global healing				2					
Probiotic			2						

DIET & LIFESTYLE

Eliminate all high FODmaps, dairy, gluten, and refined carbohydrates, sugar, yeast, MSG, monosodium glutamate, yeast extract, 620, 621, 622

Include protein and good fats with each meal and snack

Water intake – 2-3 litres daily

Blood work – full bloods to include, Thyroid, female hormones, full iron studies, Liver enzymes

NEXT APPOINTMENT

Reassess in 2 weeks

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