

# Treatment Plan

**DATE:**

10<sup>th</sup> April 2025

**NAME**

Bev Buttenshaw

**DURATION**

Ongoing

**OBJECTIVE**

*Stress adaption, Calm the mind, Improve Digestion and Elimination*

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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			
Alkamin Calm		1 scoop				1 scoop			
S,Bifido Biotic		1				1			

**DIET & LIFESTYLE****Avoid high FODmap foods**

**Flaxseed Gel** – 4-6 tbsp daily (soak approx. two tbsps of flaxseed/linseed in 150mls of water, soak overnight. Best to make batch to last 5 days)

**Sunshine** before 9 am

**Eat regularly** – protein, a variety of coloured, dark green leafy veg, organic frozen berries, good fats

**Daily mindfulness**- eat slowly in a relaxed environment, focus on breath, stretching, yoga, and pelvic floor exercises from You-Tube each morning. Refer to chart given for more ideas..

Tiny pinch of **sea/Celtic salt in water**, first thing in the morning

**Herbal teas after meals** – peppermint, ginger, fennel, aniseed, chamomile

**Colonic Hydrotherapy** - Bottoms Up – Nerang (with Sussi)

**NEXT APPOINTMENT**

Reassess in 4-5 weeks