



FOLLOW UP TREATMENT PLAN

CLIENT: Hallie Cochran

DATE: 8/5/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Continue to balance hormonal cycle.
2. Reduce inflammation
3. Support mood & PMS symptoms

Follow Up Appts

4. Assess treatment progress
5. Monitor ovulation status.
6. Support liver and gut health for hormone clearance.
7. Begin to balance microbiome.

Dietary /Lifestyle Requirements:

Continue with dietary adjustments as per initial treatment plan.

Please continue to increase your intake of healthy fats, to help raise your cholesterol levels, to lower inflammation and support healthy hormones.

Your phosphate levels were low. As discussed, this can contribute to bone/muscle pain. Please add in nuts/seeds daily and some extra dairy to increase phosphorus levels.

Great job on upping the leafy greens and vegetables. Aim for at least 3 serves per day (1serve = 1/2 cup veg or 1 cup salad leaves. This will help to re-populate the good bacteria after the antibiotics also.

Please try to include eggs in your diet. They are highly nutritious and a great source of protein.

If you begin to experience any premenstrual symptoms, please cease taking your Creatine during this time. You may start again at the beginning of your cycle.

SUPPLEMENTS: Added



- BioMedica Activated B - to support mood, hormones and general wellbeing.

DOSE: 1 capsule every second day, in the morning with food.

- Saffron + Zinc - increase serotonin, support PMS symptoms.

DOSE: 2 capsules daily.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Hormone Herbal Mix	2.5ml		2.5ml	√		
Saffron + Zinc	2 caps					√
Activated Bs	1 cap	EVERY 2nd DAY			√	
Magnesium			1 scoop			√

Referrals and Testing: N/A

Next Appointment: 29th May, 2pm

