



TREATMENT PLAN

CLIENT: Hallie Cochran

DATE: 5/6/25

Practitioner: LEIGH GIBBS

TREATMENT AIMS:

1. Continue to regulate cycle and reduce PMS symptoms
2. Support gut healing after Antibiotics

Dietary /Lifestyle Requirements:

GUT HEALTH:

Apple Cider Vinegar - 1tsp in 100ml of water before food to stimulate digestive secretions.

Try to change up your breakfasts and move away from weetbix.

Oats/porridge (if you like them) are very soothing for the gut and nervous system. But please add some protein like yogurt and nuts and seeds. Grated apple is delicious in warm oats too. And healing for the gut.

Slippery Elm Powder - is a prebiotic to feed the good bacteria and will help bulk up stools - add to food, shakes, juice.

LSA or linseed powder - another prebiotic fibre and also helps balance estrogen levels. Add 2 tsp to food, drinks daily.

Soups - bone broth - beef or chicken with veg, only cook for 2-3hours so the histamine isn't too high. (Slow cooking releases more histamine) Freeze left overs in portions for an easy meal re-heat.

Keep up with the folate rich foods - dark green veg/salad, lentils, citrus fruits, Brussel sprouts.

CREATINE - please stop in the luteal phase.

SUPPLEMENTS: Added

- BioMedica Bio Fem - support hormone balance. Start at the beginning of next cycle.
DOSE: 1 capsule daily, in the morning with breakfast.
- Activated Probiotics - support healthy gut flora
DOSE: 1 capsule before bed.



Activated Bs - please take every 2nd day, or when you remember is fine. Needed for healthy stress response and energy production.

Updated Supplement Schedule:

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

Referrals and Testing: N/A

Next Appointment: June 26th 2pm

