

NADA Wellness

Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

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TREATMENT PLAN

CLIENT: Halley Flanagan

DATE: 5/6/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Initial Appt:

1. Provide some digestive relief
2. Increase iron status and red cell health.
3. SIBO breath test - this will be sent directly to you. Cost is \$270 for both Lactulose and Fructose test. Please follow preparation instructions carefully.

Follow Up Appt

4. Assess SIBO results and address accordingly.

Dietary /Lifestyle Requirements:

Until you receive your test:

- DANDELION ROOT TEA - Take first thing in the morning on an empty stomach and at least 20mins before breakfast.
- MEALS - ideally we need to be eating 3 meals a day to meet daily nutrient requirements. It is also best to refrain from snacking. It gives the body a chance to rest and digest in-between meals. I know it is hard at the moment with your symptoms, but let's try and work towards 3 meals daily. :)
- BREAKFAST - food is needed to nourish our bodies and fuel our metabolism. Eating breakfast within 1 hour of waking is important as it kick starts our metabolism and helps regulate digestive function. Please eat what you can manage for the interim, whilst we await testing.
- MATCHA LATTE - please enjoy after your breakfast. Matcha contains caffeine, which can spike stress hormones first thing and dysregulate daily cortisol levels.
- IODINE: purchase some kelp flakes and sprinkle half a teaspoon on food for natural iodine.
- SELENIUM: please purchase some Brazil nuts. Consume 2 daily (if you can manage them) for selenium.



- EFAs - your cholesterol was low. Fats are crucial for digestive health, brain health - mood, memory, nervous system and hormones. Please try to increase your consumption of good fats. Fish, olive oil, flax seed oil.

SUPPLEMENTS: ** please cease all supplements 2 days prior to Breath Test. Probiotics should be ceased 7 days before testing.

- **Digestive Enzymes Plus** - to improve digestive function, reduce bloating and increase nutrient absorption.

DOSE: 1 tablet at the beginning of each meal

- **Primal Energy Iron** - increase iron levels & improve blood cell health, to support energy and vitality.

*DOSE: 4 tablets before breakfast, **every 2nd day. M/W/F*

- **Bioactivated B's** - to support blood health, mental health, energy and immune function

*DOSE: 1 capsule after breakfast, **EVERY 2nd DAY alternate to Iron. T/TH/Sat*

- **Bico Zinc** - to support gut health, HCL, immune function, nervous system, hormonal health.

*DOSE: 1 tablet with breakfast, **EVERY 2nd DAY alternate to Iron. T/TH/Sat*

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzyme	1 tablet	1 tablet	1 tablet		X	
Beef Liver Iron - every 2nd day	1 tablet			X		
Vit B's - alternate with Iron	1 tablet					X
Zinc - alternate with iron	1 tablet				X	
Ora Profound sleep			As dosed		Before bed	
Probiotics			1 cap		Before bed	

Referrals and Testing:

SIBO Lactulose & Fructose Breath Test - Lab: Stream Diagnostics.

After test is completed and posted, it will take approximately 3-7days for me to get results.

Next Appointment: TBC when results are through. Thanks Halley :)

