

NADA Wellness

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TREATMENT PLAN

CLIENT: Anika Donnelly

DATE: 3/6/25

Practitioner: Leigh Gibbs

TREATMENT:

Start SIBO Protocol - there are 2 phases.

Involves herbs to kill off bacteria in small intestine, but we'll begin after 2 weeks of dietary changes.

These dietary changes starve the bacteria.

Once we have pulsed this treatment over the course of 12 weeks, we start to re-introduce the prebiotic foods and restore microflora.

ALCOHOL - must be avoided.

SUPPLEMENTS:

Please **CONTINUE:**

- B complex - 3 x week, say M/W/Sat
- SB Probiotics - take 2 at night before bed.
- CalcPhos spray

Please **STOP:**

- Herbal tincture
- Slippery Elm.
- Iron

Please **START:**

- Digestive enzyme - to assist with nutrient absorption.

DOSE: 1 cap with meals.

- Metagenics Glutagenics - to help prepare and repair gut lining whilst we kill the bacteria.

DOSE: 2 level scoops in 200ml water in the morning



- PHGG - prebiotic fibre (well tolerated in SIBO) to help feed the GOOD bacteria, during antimicrobial treatment.

DOSE: Mix 1tsp in water or juice daily. Gradually increasing to 1 scoop.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzyme	1 cap	1 cap	1 cap			
Activated Bs	1 cap				√	
Glutagenics	2scoops			√		
Probiotics			2 caps			
Calc Phos Spray	4 spray		4 spray	Any time of day		
PHGG	1tsp			Any time of day		

Referrals and Testing: N/A

Next Appointment: TBC - 2 weeks after starting protocol.

