

# NADA Wellness

Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

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## TREATMENT PLAN

**CLIENT: Paula Steele Boyce**

**DATE: 12/6/25**

**Practitioner: Leigh Gibbs**

### TREATMENT AIMS:

#### Initial Appt:

1. Reduce inflammation - diet / herbs
2. Begin to support digestion and GIT health - diet / supplements / herbs
3. Gentle liver support - homoeopathics / herbs

#### Follow Up Appt:

4. Assess progress and adjust accordingly
5. Continue supporting gut and liver.
6. Address possible mould/fungal infection.

### Dietary /Lifestyle Requirements:

- 3 Meals per day. Please don't snack in between, as our gut needs to 'sweep' and clean the GIT in between meals. Aim to eat dinner by no later than 7pm.
- GLUTEN FREE / Reduce Dairy intake
- On rising, please swap your coffee for lemon water or herbal tea. This will increase hydration, stimulate gastric secretions and support liver function, to start your day. Caffeine on an empty stomach spikes stress hormones and sets you up for energy crashes later in the day. It also depletes your body of vital minerals.
- BREAKFAST - is important to fuel our metabolism and help regulate blood sugar and hormones, to begin the day.. Eat soon after your exercise. Please try to enjoy a variety. Suggestions;
  - GF Millet, Amaranth or quinoa flakes with coconut yoghurt, grated apple / berries/ goji / cranberries, cinnamon and some nuts and seeds.
  - Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice.



- Smoothies with fruit, tahini, cinnamon, a collagen/protein powder, LSA (linseed, sunflower, almond meal - will help form stools and provide essential fatty acids for healthy skin, hair, nervous system, cardiovascular and brain health) + coconut water or a non-dairy milk of your choice. You could also maybe add some slippery elm powder to assist with healing the GIT.
- Eggs - any way you like to cook them, with a side of avocado, rocket/spinach w olive oil, sautéed tomatoes, asparagus and mushrooms. Add herbs, salt & pepper.
- COFFEE - Please enjoy your coffee approx half an hour AFTER breakfast.
- FOLATE - your Sandrena meds reduce folate. Please try to increase folate rich foods - leafy greens, rocket, bok choy, mushrooms, oranges.
- ALCOHOL - please try to reduce if you can. Alcohol is very inflammatory, increases histamine, irritates the gut lining and depletes the body of B vitamins and minerals.
- WATER - at least 6-8 glasses per day minimum. More if you are exercising or drinking alcohol. In your water bottle, you can add a squeeze of lemon to increase hydration.
- BOX BREATHING - a very effective way to switch your nervous system out of fight of flight. Google this on YouTube. Lots of simple videos.

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## SUPPLEMENTS:

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- **Multi Gest Enzymes** - support healthy digestion and assimilation of nutrients.

*DOSE: 1 tablet at the start of each main meal.*

- **Zinc Sustain** -

*DOSE: 1 tablet every 2nd day, M/W/F*

- **Iron** -

*DOSE: 1 tablet every 2nd day, alternate with the Zinc - T/Th/Sat*

- **Nigella Black Seed Oil** - anti fungal, anti inflammatory and stabilises histamine

*DOSE: 1 cap daily with food. You may increase to twice daily, if well tolerated.*

- **Nux Vomica Homeopathic** - to support liver function.

*DOSE: 10 drops in a little water, 2 x day. Hold in the mouth for 15 seconds and swallow.*

*\*Take at least 10 mins away from food, coffee or toothpaste\**

- **HERBAL MIX** - to reduce GIT inflammation, support nervous system, liver and sinus.

*DOSE: 20 drops in a little water, 2 x day. \*\* please take at least 2 hours away from medication\*\**

- **Magnesium Night** - to support sleep, nervous system and overall health.

*DOSE: 1 scoop in 200ml water, before bed.*



**Supplement Schedule:**

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
<b>Multigest Enzymes</b>	1 cap	1 cap	1 cap	Just at the start of meals		
<b>Iron - M/W/F</b>	X			√		
<b>Zinc - T/Th/Sat</b>	X				√	
<b>Nigella Black Seed Oil</b>	1 cap, any time of day is fine				√	
<b>Nux Vomica</b>	10 drops		10 drops			√
<b>Herbal Mix</b>		20 drops	20 drops	After food, any time of day.		

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**Referrals and Testing: N/A**

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**Next Appointment:** Thursday 3rd July 11am. TBC

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