

NADA Wellness

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TREATMENT PLAN

CLIENT: Tyler Gilmore

DATE: 4/7/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Initial Appt:

1. Increase iron to support energy, healthy brain function, growth and development - supplements
2. Support methylation - supplements/diet
3. Decrease neuro-inflammation - supplements/diet
4. Support neurotransmitter production to stabilise mood - supplements/diet.
5. Stabilise blood sugar and improve insulin sensitivity - diet.

Follow Up Appt

6. Assess progress
7. HTMA / CDSA Stool test.

Dietary /Lifestyle Requirements:

- METHYLATION: we can help increase this through diet also.
- PROTEIN - is essential for methylation. Rich in creatine, choline, methionine, B12, zinc and carnitine. Amino acids are the building blocks of the body. Please include good quality protein at each meal, each day.. Eggs are great if Tyler will eat them. Protein helps stabilise blood sugar levels, support consistent energy and provides the foundation for making hormones and neurotransmitters. If he is snacking at night - try to have him eat some protein, to help balance blood sugar levels whilst he sleeps. You can sneak protein powder into anything. Here are my clean protein powder recommendations:
 - CHIEF Collagen Protein - vanilla or chocolate. Whey based.
 - NUTRA ORGANICS Clean Protein - Pea protein based.
 - PROTEIN SUPPLIES AUSTRALIA Whey Protein Isolate - Whey based.



- **FATS** - try to increase some healthy fats - ie avocado, olive oil, nuts and seeds. You can sneak them into baked goods or smoothies if this works. We need healthy fats to balance the inflammatory saturated fats and support a healthy nervous system, hormones and brain function. Fats will keep Tyler fuller for longer and improve his insulin sensitivity.
- **FIBRE** - wherever possible, please try to increase Tyler's intake of good quality fibre. I.e colourful vegetables. Fibre feeds the good bacteria in our digestive system, binds to toxins and is anti inflammatory. EAT THE RAINBOW :) I'm very impressed with his diet anyway, for his challenges, but the more the better. ;)
- **GLUTEN** - One of the first recommendations with my ASD/ADHD clients is to go gluten free. Whilst Tyler isn't displaying any immediate symptoms of Gluten intolerance, it can manifest in behavioural challenges - gut-brain connection. It is very inflammatory and can cause inflammation and damage in the GIT (leaky gut which means inflammation and immune reactivity). Wheat based products are also full of Folic Acid which block the folate receptors. If you can, maybe swap a few wheat based products for some gluten free ones. There are some great pastas available now which are similar in texture and taste to wheat pasta. No pressure though.
- **VITAMIN C** - Is needed to stabilise folate and increase absorption. If he will eat Kiwi fruit, this is a great food for improving digestion and getting the bowels moving. 1-2 per day is recommended. Also very rich in Vit C.

SUPPLEMENTS:

BioHeme Iron - to support production of neurotransmitters, energy levels, growth and development.

DOSE: 1 capsule daily, before breakfast on an empty stomach for 1 week.

*2nd week every second day. ** take away from dairy***

Saffron & Zinc - support serotonin levels, mood and a healthy stress response.

DOSE: Start with 1 cap daily, in the morning after food.

Equazen Fish Oil - reduce neuro inflammation, support nervous system and healthy brain function.

DOSE: 6 caps daily - any time of the day is fine.

Total B Drops: to support methylation.

DOSE: 2ml daily in the morning after food. This is a low dose. We will titrate up after a month as his tolerance builds. It is pleasant tasting so compliance should be fine.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioHeme Iron	1 cap			✓		
Saffron & Zinc	1 cap		1 cap			✓
Equazen Fish Oil	6 caps				✓	
Total B Drops	2ml					✓



Magnesium - your product	1 cap		1 cap	Morning and night. Anytime.

Referrals and Testing: HTMA / Microbiomix Stool Test

As discussed, I suggest a Hair Mineral Test to assess heavy metals and mineral imbalances. You will receive a separate email with referral form and instructions. Please confirm.

COST: \$228

Also a comprehensive stool test to look at gut function, pathogens, parasites and bacterial imbalances. His eosinophils were raised substantially. In the absence of allergic conditions/eczema, this needs to be investigated. A high parasite load can raise eosinophils.

It is very common for our spectrum kids to have many of the above. As we treat and restore balance in the microbiome, many of their symptoms improve. :) You will receive a referral and a test kit sent to you. Please confirm you would like to go ahead with this, before I do the referral.

COST: \$416 (I have a meeting with the company on Monday. I will see if I can get a discount for you)

Next Appointment: TBC 2-3 weeks after treatment has started. End of July if possible.

