

NADA Wellness

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TREATMENT PLAN

CLIENT: Caitlin Carter

DATE: 10/7/25

Practitioner: Leigh Gibbs

Hi Caitlin,

As discussed, nutrients feed our biochemistry. It is important to have a varied diet, low in sugar, saturated fat and processed foods. A little is fine! And Sunday treat days, are always ok. ;)

Please try to increase your healthy fats and vegetables. This will lower inflammation, help regulate cortisol and support your nervous system.

I would like to flag with you, that the Implanon can cause histamine issues - itchy skin, rashes - due to the particular type of progestogen in the implant. It might be worth discussing this with your Doctor at some point. We can work to reduce the histamine naturally, but if that is causing it, the symptoms will not likely abate.

TREATMENT AIMS:

Initial Appt:

1. Regulate cortisol levels - diet/herbs
2. Reduce histamine response - diet/supplements
3. Support nervous system and neurotransmitter balance - supplements/herbs
4. Increase varied nutrient intake - diet.

Follow Up Appt

5. Assess and adjust treatment as necessary
6. Blood pathology
7. HTMA Hair Mineral Analysis.

Dietary /Lifestyle Requirements:

- ADRENAL COCKTAIL - this is a great way to get some minerals in first thing in the morning. It nourishes the adrenals to give you more energy and is very hydrating.



- Use: 1 cup coconut water, 1/2 lemon or lime juice and a pinch of Celtic Sea Salt (you can get from most health food stores) Let me know if you can't find and I can get it for you.
- **KIWI FRUIT** - excellent source of Vitamin C. Eat 1 daily.
- **BREAKFAST** - food is needed to nourish our bodies and fuel our metabolism. Breakfast is important as it kick starts our metabolism, helps regulate blood sugar and hormones to begin the day.. Please try to enjoy a variety. Suggestions;
 - Oats with full fat yoghurt, collagen or protein powder, grated apple / berries and some nuts.
 - Chia puddings. Can be pre made and stored in the fridge for up to 3 days and taken to work. Add toppings of your choice. Plenty of online recipes.
 - Smoothies with fruit, full fat yoghurt, a protein powder, LSA (linseed, sunflower, almond meal - will help support detoxification and provide essential fatty acids for nervous system and brain health) + milk of your choice. I'd also maybe add some **slippery elm powder** to assist with any reflux you experience.
 - 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.
 - Sourdough with avocado, sardines, sprouts/rocket, squeeze of lime juice salt and pepper.
- **COFFEE** - Please enjoy your coffee AFTER breakfast. Coffee causes a spike in stress hormones and sets you up for crashes later in the day. Its also very dehydrating. Try to limit to no more than 2 coffees a day (ie 2shots). An option for an afternoon pick me up could be matcha latte.
- **WATER** - increase water intake to at least 1.5 - 2L per day minimum. More if you are exercising. In your water bottle, you can add a decent squeeze of lemon and a pinch of Celtic sea salt (rich in minerals) to assist with hydration. Water 'cleans' our body.
- **IODINE** - most of us are deficient in Iodine. Please buy some 'kelp flakes' or seaweed flakes from a health food store and sprinkle 1/2 tsp on sandwiches/salads/pastas. This will help with breast tenderness.
- **FATS** - try to include some healthy fat - ie avocado, olives/olive oil, tahini, LSA powder, in your daily meals. We need healthy fats for brain function, nervous system and healthy hormones.
- **FIBRE** - wherever possible, please try to increase your intake of good quality fibre. Ie colourful vegetables and leafy greens. Fibre feeds the good bacteria in our digestive system and is anti inflammatory. EAT THE RAINBOW :)
- **SODIUM** - your medication depletes sodium. Please make sure you are adding some salt to your food.

SUPPLEMENTS:

BioActivated Bs - to support nervous system, energy, neurotransmitters.

DOSE: 1 capsule after breakfast.

Herbal Medicine - reduce anxiety & cortisol, support nervous system & liver and reduce histamine.

DOSE: 2ml in a little water, 2 x day, before food.

Magnesium - your product



DOSE: 300mg per day (should be 2 capsules) Can be taken day or night.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioActivated Bs	1 cap					√
Herbal Medicine	2ml		2ml	√		
Magnesium	2 caps					√

Referrals and Testing:

HTMA - test for heavy metals and mineral imbalances. You will receive an email with details.

BLOOD PATHOLOGY - as discussed, please order through Instant Scripts - the General Health Blood Test. And then take to any pathology lab - please have the test done first thing in the morning on an empty stomach. I would like to see your Vitamin D levels also (this may cost a little extra). Please do this coming week if you are able.

And please let me know when you have the results back.

Next Appointment: Friday 25th or Sat 26th July. TBC.

Thanks and I look forward to supporting you on your health journey.

Leigh :)

