



## TREATMENT PLAN

**CLIENT: Rhianna Jones**

**DATE: 17/7/25**

**Practitioner: Leigh Gibbs**

Hi Rhianna,

As stated, I commend you for taking proactive steps to improve your health and reduce the risk of potential health problems in the future.

After our consult, assessing your pathology and having a better understanding of your current health status, I'd like to focus on increasing nutrients, lowering inflammation and cortisol and stabilising blood sugar.

Your ADHD medication depletes iron, B vitamins, Magnesium, Vitamin C and Zinc, so we need to get this through food / supplements.

**NUTRITION** - the food we eat runs our biochemistry. Nutrition is the foundation of our health, especially during times of stress and life's challenges. The foods you eat directly impact your energy, mood, inflammation levels, gut & mental health, and hormone balance. Choosing nutrient-dense, whole foods provides your body with the building blocks it needs to repair, regulate, and thrive. Try to include protein, veg and healthy fats at each meal.

In order to balance your body, we need to look at supporting the foundations - ie increasing nutrients through food and changing up some eating and lifestyle habits. I want to work with you, on what you feel is achievable and sustainable. So if anything feels too difficult, please let me know and we can pivot. Below are some starting points. I know the Dexys suppress appetite, but do your best. You may even find as your energy increases and mood stabilises, you may not require the medication. :)

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### TREATMENT AIMS:

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#### Initial Appt:

1. Reduce inflammation & Cortisol - diet/herbs
2. Regulate cortisol - herbs/ lifestyle
3. Support nervous system - diet/herbs/supplements
4. Increase nutrients - diet/supplements

#### Follow Up Appt

5. Assess progress and adjust as necessary.



6. Continue supporting the above
7. HTMA testing.

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### **Dietary /Lifestyle Requirements:**

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- **COFFEE** - Coffee on an empty stomach causes a spike in stress hormones (cortisol) and sets you up for energy crashes later in the day. It is a diuretic, very dehydrating and depletes your body of vitamins and minerals. You don't have to give up! Just delay your morning coffee until after you eat.
- On rising, please swap your coffee for water with a squeeze of lemon. This will increase hydration, stimulate gastric secretions and support liver function, to start your day. You can enjoy your coffee mid morning after breakfast.
- **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 and include some protein to stabilise energy and blood sugar. Suggestions;
  - Swap packet cereal for Oats with maybe a yoghurt alternative, grated apple, strawberries, cinnamon and some protein powder or collagen mixed in.
  - Smoothies with frozen fruit, a collagen powder, LSA (linseed, sunflower, almond meal - will help support blood sugar and provide essential fatty acids for nervous system, cardiovascular and brain health) + coconut water or a milk of your choice.
  - Eggs - any way you like to cook them, with a side of some sort of veg - rocket/spinach w olive oil, tomatoes, asparagus, mushrooms, zucchini. Omelettes are great to add all of the veg into. Add herbs, salt & pepper.
  - Sourdough toast with hummus, sliced turkey or chicken, tomato, spinach.
- **LUNCH** - Change some of your lunches up. Please eat fresh where you can. Takeaway food is not very nutrient rich and quite inflammatory. Please include protein and fibre - salad/vegetables of some sort. Seeds are always a good topper and an easy way to increase healthy fats in your diet. Hemp/Sesame/Pumpkin/Sunflower.
- **PROTEIN** - please include good quality protein at each meal, each day..
- **FOLATE**: with MTHFR snps, the requirement for folate increases. Please try to increase folate rich foods: Dark leafy greens, broccoli, peas, asparagus, eggs, lentils, chickpeas, oranges, grapefruit.
- **ANTI INFLAMMATORY FOODS - VEGETABLES** - please aim for at least 4 servings a day. **EAT THE RAINBOW** :)

1 serve = 1 cup salad veg or 1/2 cup cooked veg.

Vegetables contain numerous antioxidants, fibre and are anti inflammatory. Limit potatoes as they are high GI veg. (Turn to sugar quickly) A little is fine. Fibre also feeds the good bacteria in our digestive system, adds bulk to the stools and is like a cleaning aid for the GIT. It also binds to excess fats and cholesterol.
- **FRUIT** - has an abundance of anti inflammatory, antioxidant properties, full of vitamins and minerals and a great source of fibre. Try to eat 2 pieces per day. Apples are fab. Lower in sugar and good for gut health.



- **REFINED CARBOHYDRATES** - please reduce refined carbs. Sweet drinks, white breads, croissants, hot chips, potatoes, cakes, muffins, sugar, dairy milk chocolate, etc. Dark chocolate is ok. Aim for 70-80% cacao.
- **EXERCISE** - Regular movement helps boost metabolism, build lean muscle, balance blood sugar, and reduce weight. It also supports mood and reduces stress, which can help lower cortisol. Aim to start with brisk walking, 1 x per week. Start with 20min and increase to 40mins if you can. :)

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## SUPPLEMENTS:

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**OmegAval Fish Oil** - to reduce inflammation, support healthy cholesterol levels, cardiovascular, nervous system and brain function.

*DOSE: 1 capsule morning and night with food.*

**2-FL Mood** - to help lower inflammation and oxidative stress, support mood & brain health.

*DOSE: 1 cap, 2xday morning & afternoon - \*\*Take at least 2 hours away from medication\*\**

**MagDuo** - for a healthy stress response, supports mood, energy, hormonal health and nervous system.

*DOSE: 2 caps daily. - any time of day is fine.*

**Iron** - increase iron levels to support mood, energy, brain health. Also includes B12 and folate & zinc.

*DOSE: 1 capsule on an **empty stomach before breakfast** - every 2nd day M/W/Th/Sat  
- rest day Sunday.*

**Herbal Mix:** Reduce inflammation & cortisol, support adrenals and nervous system.

*DOSE: 2.5ml 2 x day. Morning and afternoon, after food or in-between meals*

## Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Iron. M/W/F/Sat. Rest Sunday.	1 cap			X		
OmegAval	1 cap		<b>1 cap</b>		X	
Herbal Mix	2.5ml		<b>2.5ml</b>			X
MagDuo	2 caps			Any time of day is fine.		
2FI Mood (2hrs away from meds)		1 cap	1 cap	Mid morning or lunch time		



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**Referrals and Testing: HTMA**

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HTMA - Hair Mineral Analysis will check mineral imbalances and heavy metals which can cause many disruptions to bodily processes. Heavy metals are implicated in neurological challenges, iron dysregulation, oxidative stress and inflammation to list a few.

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**Next Appointment:** Thursday 31st July, 10am

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