

Treatment Plan

DATE:

11th July 2025

NAME

Mark Twist

DURATION

6 weeks

OBJECTIVE

Stress adaption, nourish adrenals, Reverse insulin resistance, Improve lipid ratios, Improve phase II liver Microcirculation and methylation support, reduce inflammation, increase androgens.

Nicole Chester
Naturopath & Herbalist
Member: NHAA 156909
nicole@herbbar.com.au
0431 967 598

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
MagTaur Xcell		1 scoop							
P2 Detox		1 tsp				1 tsp			
NAC		1 scoop	1			1 scoop 1			
Resist X Advanced			1				1		
Rejuvasleep									1-2

DIET & LIFESTYLE

Low carbohydrate Mediterranean diet – Focus on eating low starch veg first, then protein, then fats, then complex carbohydrates as many meals as possible

Keep carbohydrates minimal, avoiding all refined carbs and sugar

Veg to prioritise – leafy greens, Asian greens, zucchini, yellow squash, green beans, broccoli, cauliflower

foods to include daily - turmeric, ginger, garlic, berries, beetroot juice, green tea, min 85% dark chocolate (post protein meal)

Exercise 5/7 times a week

Nutripath pathology

NEXT APPOINTMENT

Reassess in 6-8 weeks, post pathology results