



TREATMENT PLAN

CLIENT: Tyler Gilmore

DATE: 30/7/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

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.
6. Increase bowel function.

Dietary /Lifestyle Requirements:

- **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. Ie colourful vegetables. Fibre feeds the good bacteria in our digestive system, binds to toxins and is anti



inflammatory. EAT THE RAINBOW :) Im 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:

PHGG - prebiotic fibre to increase bowel function and improve good bacteria levels in the gut.

DOSE: 1 tsp mixed into water or juice, or sprinkled on food. Its tasteless and dissolves well.

Increase to 2tsp after 2 weeks.

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

DOSE: 1 capsule daily, every 2nd day, before breakfast on an empty stomach.

*** take away from dairy***

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

DOSE: Increase to 2 caps in the morning.

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: increase to 3ml daily in the morning after food.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
PHGG - mixed in liquid or food	1 tsp			Any time of day is fine.		
BioHeme Iron	1 cap			✓		
Saffron & Zinc	2 caps					✓
Equazen Fish Oil	6 caps				✓	
Total B Drops	3ml					✓
MagDuo	1 cap		2 caps	2 caps half hour before bed		



Referrals and Testing:

HTMA

Next Appointment: approx 21st August. TBC.

