

Treatment Plan

DATE:

31st July 2025

NAME

Shari Barnes

DURATION

4 weeks

OBJECTIVE

Stress adaption, hormone and microbiota balance, methylation support, Liver, Gallbladder, increase bile and digestive enzymes

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
Digest Herbal		5mls		5mls		5mls			
MagTaur Xcell		1 scoop							
Zinc Picolinate			1 scoop						
S.Bifido Biotic		1				1			
Liver tablets		1-2							

DIET & LIFESTYLE**Gluten and Dairy Free – 2 weeks minimum**

Mediterranean Diet. Good clean eating

Regulate eating patterns to encourage digestive function

Smoothies – add LSA (keep in fridge) collagen

Vagus nerve activation – YouTube

Include protein and good fats with every meal and snack

Increase water 1.5-2L/day. Start with 1-2 glasses on rising

Weleda nappy change as barrier cream on irritated skin

NEXT APPOINTMENT

Reassess in 4 weeks