



TREATMENT PLAN

CLIENT: Eliot Paul

DATE: 9/8/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Initial Appt:

1. Reduce inflammation & oxidative stress
2. Increase nutrient intake
3. Reduce histamine response

Follow Up Appt

4. Assess progress and adjust as needed.

Dietary /Lifestyle Requirements:

- 1tsp Apple Cider vinegar in a little water 15mins before each meal, to increase stomach acid and support digestion.
- Please increase your intake of healthy fats - olive oil, avocado, sardines, fish, nuts and seeds. Your cholesterol was low. We need healthy fats to support skin health, immune function, nerve and brain health.
- Increase your water intake to 1.5L minimum. Water is needed to hydrate, detoxify and remove waste from body. Add a very small pinch of Celtic sea salt to your water bottle to increase absorption.
- ANTI INFLAMMATORY FOODS - VEGETABLES - increase intake. Please aim for 4-5 servings a day. Dark leafy greens also. EAT A RAINBOW of colours :)

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

Vegetables contain numerous antioxidant phytonutrients, fibre and are anti inflammatory. Try to include some sweet potato too. 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 cholesterol and is anti inflammatory.



- **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 a day. Include 1 with your breakfast. Kiwi fruit is great as are apples and berries.
- **CALCIUM** - is a much needed mineral for our muscles, bones, teeth and nervous system. As you don't eat dairy, good sources of calcium include: Bok choy, canned sardines & salmon with bones, sesame seeds, tahini, tofu, almonds, leafy greens. Aim for 4 serves per week minimum.

SUPPLEMENTS:

BioActivated B - to support histamine breakdown, nervous system and energy.

DOSE: 1 capsule with breakfast

Mega Zinc - support immune function - Zinc can deplete iron and copper. As this is a high dose, please take 1 every 2nd day and then when you get back from holidays, please stop. (The mineral supplement has 10mg zinc in it)

DOSE: 1 capsule with breakfast, every 2nd day M/W/F/Sun.

Alkalising Minerals - to reduce inflammation, support oxidative stress and nervous system.

DOSE: 1 scoop in 250ml water, after gym.

Enduracell - to support mould detoxification, reduce histamine, inflammation and oxidative stress.

DOSE: 1/4 scoop in a little water or on food, 2 x day. If well tolerated after 7 days and there are no adverse symptoms, increase to 1/2 scoop, 2 x day.

Charcoal - to bind toxins for elimination. Will help with detox symptoms

DOSE: 2 daily - 1 cap mid morning and 1 cap mid afternoon.

Take at least 1hour away from meals or supplements

SUPPLEMENT SCHEDULE:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioActivated B	1 cap				X	
Mega Zinc - M/W/F/Sun	1 cap				X	
Alkalising Minerals	1 scoop					X
Charcoal		1 cap	1 cap	Take away from meals/supps		
Enduracell - start LOW dose	1/4 scoop		1/4 scoop	Any time is fine.		



Referrals and Testing: N/A

Visual Contrast Test online - just register and follow instructions. Please send me results when completed.

<https://www.survivingmold.com/resources-for-patients/diagnosis/visual-contrast-sensitivity-vcs>

Next Appointment: Saturday 6th September, 12pm

