

Treatment Plan

DATE:

5th August 2025

NAME

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DURATION

4 weeks

OBJECTIVE

Stress adaption, calm the mind, adrenals, support bile, liver repair and detox, methylation and glutathione support, increase zinc, folate, musculoskeletal, reduce inflammation

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
MagTaur Xcell		1 scoop							
NAC		1 scoop				1 scoop			
P2 Detox		1 tsp				1 tsp			
Livton		2				2			
Withania Complex		2				2			
S. Bifido Biotic		1				1			
Clinical lipids		2				1			
Zinc Citrate							1		
Arthrex	One scoop daily in smoothie or water								

DIET & LIFESTYLE

Mediterranean Diet, Good clean eating. Eat 4-5 smaller, more frequent meals. Include protein and good fats with every meal and snack

Limit carbohydrates, sugars and alcohol.

Avoid all processed seed oils, or hydrogenated/trans fats. Opt for cold pressed olive oil on low temp only, ghee or cold pressed coconut oil

Increase folate veg- dark green leafy veg like Asian greens, silver beet, kale, broccoli, spinach

NEXT APPOINTMENT

Reassess in 4 weeks