

Treatment Plan

DATE:

13th August 2025

NAME

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DURATION

4 weeks

OBJECTIVE

Stress adaption, reduce blood pressure, liver detox and repair. Increase antioxidant and cardiovascular protection.

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
Magtaur Xcell	Mix together	1 scoop							
NAC		1 scoop				1 scoop			
Ubiquinol 150mg		1							
Clinical lipids		1				1			
Resist X Advanced			1						

DIET & LIFESTYLE

Mediterranean Diet. Focus on lower carbohydrates, good clean protein with goods fats and variety different of colored **lower starch veg** like leafy greens, capsicum, yellow squash, green beans, zucchini, asparagus, broccoli, cauliflower.

Mild exercise 5/7 times a week, walking is ideal

Record Blood Pressure twice daily AM and PM

NEXT APPOINTMENT

Reassess in 4 weeks, post blood work