



TREATMENT PLAN

CLIENT: Lisa Bennett

DATE: 28/8/25

Practitioner: Leigh Gibbs

Hi Lisa,

As discussed, there are a few things I'd like you to change up with your diet to give your body a helping hand. We also need to build up the good bacteria in your gut, to help bring down the inflammation in your body. The beneficial bacteria feed on fibre - fruits and vegetables and grains. So when ever possible, please try to increase your intake, at every meal of fresh fruits and vegetables.

NUTRITION - the food we eat runs our biochemistry. Nutrition is the foundation of our health, especially during times dis-stress and life's challenges. The foods you eat directly impact your energy, mood, inflammation levels, gut health, and hormone balance. Choosing nutrient-dense, whole foods provides your body with the building blocks it needs to repair, regulate, and thrive.

TREATMENT AIMS:

Initial Appt:

1. Reduce inflammation - herbs/supplements/diet
2. Support mineral levels - supplements/diet
3. Increase nutrient intake - diet

Follow Up Appt

4. Assess progress, blood work and adjust as necessary.
5. Gut health

Dietary /Lifestyle Requirements:

- On rising, please swap your tea for warm lemon water, or coconut water with a squeeze of lime/lemon. You may also have a juice - but stick to orange/carrot/apple/cucumber. No celery, kale, spinach or beetroot. This will increase hydration to start your day. Caffeine on an empty stomach spikes stress hormones and is dehydrating. Best to enjoy mid morning or half an hour after breakfast. (So absorption of food is not hindered) .



- **BREAKFAST** - food is needed to nourish our bodies and fuel our metabolism. Breakfast is important as it kick starts our metabolism, helps regulate blood sugar and hormones, to begin the day.. Please try to enjoy a variety. Suggestions;
 - Overnight oats with yoghurt, grated apple, berries, cinnamon, and maybe some flax seed powder. (- you can buy this at the supermarkets or health food store)
 - Smoothies with frozen fruit, yoghurt, a protein powder, Flaxseed powder with either a coconut milk or coconut water. I'd also maybe add some slippery elm powder to assist with healing the GIT. This is available at health food stores or supermarkets.
 - Eggs - any way you like to cook them, with a side of avocado, rocket w olive oil, tomatoes, zucchini, whatever. Add herbs, salt & pepper. Little mini egg muffins in a muffin tin are very easy to make too. Just pop in whisked egg, add your veg and cheese and bake in oven for 10mins. Delish.
 - Sourdough with avocado, sardines, sprouts/rocket, squeeze of lime juice salt and pepper. Try to eat wholemeal or sourdough bread where possible.
- **LUNCH/DINNER** - Try to change some of your meals up if you can. Maybe swap the lunch white roll to a wholemeal or grain wrap. Please include lean protein and fibre - salad/vegetables of some sort. If you like hummus, this is a nice spread to add to wraps or sandwiches. Here are some great websites to explore for meal ideas. The 'Mediterranean Diet' is anti inflammatory.

<https://minimalistbaker.com/recipe-index/>

<https://www.themediterraneandish.com/recipes/>
- **ANTI INFLAMMATORY FOODS - VEGETABLES** - please aim for 4-5 servings a day. Dark leafy greens also. EAT THE RAINBOW :)

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

Vegetables contain numerous antioxidant phytonutrients, fibre and are anti inflammatory. 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, toxins and is anti inflammatory.
- **FRUIT** - aim for 2-3 different fruits daily. They have an abundance of anti inflammatory, antioxidant properties, full of vitamins and minerals and a great source of fibre.
- **PROTEIN** - please include good quality protein at each meal, each day.. If you enjoy sardines, these are a very nutritious protein option and contain calcium also.
- **PROTEIN POWDER** - I'd like you to purchase a Pea Protein powder. I like NU-ZEST brand - the vanilla is lovely and very easy to digest. Pop some in smoothies, or mix with oats/breakfast.
- **RED MEAT** - please reduce to 2-3 x week only. Red meat is very inflammatory to the body.
- **FATS** - try to include some healthy fat - ie avocado, olives/olive oil, tahini, LSA powder, in at least 1 of your daily meals. We need healthy fats to balance the inflammatory saturated fats. Fats lubricate our nerves, brain, skin and joints.
- **CALCIUM** - is a much needed mineral for our muscular skeletal system. 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.



- **WATER** - water cleans and lubricates the body. Please increase water intake to 1.5L or 6 glasses per day minimum. More if you are exercising or drinking Coke.
- **DIET COKE** - please limit to no more than 1-2 cans per day. The caffeine is very dehydrating for our joints/muscles. The chemical sugar is also very inflammatory. Try swapping for a lemon lime bitters (just be mindful of sugar content). Or there are very nice sparkling flavoured Coconut waters on the market now. I like the **Bonsoy** brand. The passionfruit and ginger flavour is yummy.

SUPPLEMENTS:

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioActivated Bs	1 cap					X
Cod Liver Oil	2 caps				x	
Alkalising Minerals		1 scoop		Any time of day is fine		
Herbal Medicine	2.5ml		2.5ml	On an empty stomach		

Referrals and Testing:

Bloodwork:

Vit D

Iron Studies & B12

Lipids

Next Appointment: TBC

