



FOLLOW UP TREATMENT PLAN

CLIENT: Eliot Paul

DATE: 6/9/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Continue to reduce inflammation & oxidative stress
2. Increase nutrients in diet.
3. Reduce histamine

FOLLOW UP APPT:

4. Mold detoxification.
5. Gut Healing

Dietary /Lifestyle Requirements:

- Try to consume at least an apple, cut up with maybe some nut butter on top before your gym workout. Should help with dizziness.
- Simple chicken broth you can make and freeze in portions. Excellent for gut health and added nutrition. You can then thaw and add rice noodles, coriander, veg, chicken as desired.

Chicken bones - get a chicken frame from your butcher. Add 2 chicken breasts, 2 thighs, 2 legs (or more if you are making more)

Put in a large stock pot with onion, herbs, carrots, broccoli stalks, cabbage, cauliflower - any left over veg you have and then add water to cover everything. Add a good amount of salt and pepper. Also add some organic chicken stock powder - I like this one - [SAN ELK](#) brand.

Bring to boil and simmer for 2 hours. Remove chicken meat, strip and put aside, to add in to soup as needed. Strain off broth. Put in containers and freeze in meal portions.

SUPPLEMENTS:

Please stop the MegaZinc.

Continue supplements as per last treatment plan.



Increase Enduracell powder to 1 full scoop, 1 x day. When this has finished, please start on the Enduracell Capsules. DOSE: 2 caps, 2 x day morning and night. If you experience any flu like symptoms, please reduce to 1 cap, 2 x day.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioActivated B	1 cap				X	
Alkalising Minerals	1 scoop					X
Charcoal		1 cap	1 cap	Take away from meals/supps		
Enduracell (or 2 caps 2x daily)			1 scoop	Any time is fine.		

Referrals and Testing:

Next Appointment: Saturday 27th Sept, 12pm

