



TREATMENT PLAN

CLIENT: Diana Dolman

DATE: 19/9/25

Practitioner: Leigh Gibbs

Hi Diana,

So pleased you've had such good results. Especially with the vertigo. It can be debilitating.

As mentioned, the colonics can strip the gut of all its beneficial bacteria, which we need plenty of! To help keep inflammation down. So please take the probiotic supplement you have on hand, every day, and I have added the Saffron/gut product below.

TREATMENT AIMS:

1. Support mood and hormone balance.
2. Reduce inflammation & histamine.
3. Support gut lining and recolonisation after colonics.

Dietary /Lifestyle Requirements:

- Try to increase your protein a little, so to as avoid muscle wastage. Plant protein is good also - beans, legumes, chickpeas, tofu.
- Continue as per initial dietary suggestions.

SUPPLEMENTS:

CHANGES:

Bio Activated B - drop down to 1 capsule, every 2 days. So M/W/F. If very stressed you can take daily. I have switched out the Vitex herb and put in Black Cohosh to further support hormones and hot flashes.

NEW:

2-FL Mood - supports mood, inflammation and gut lining.



Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzyme	1 cap	1 cap	1 cap	X		
BioActivated B M/W/F	1 cap				X	
OmegAvail Fish oil	1 cap				X	
MagDuo			1 scoop			X
HERBAL MEDICINE	5ml		5ml	After food		
2-FL Mood	1 tablet		1 tablet	Straight after food		

Referrals and Testing:

N/A

Next Appointment: 10th October 12:30pm.

