



## TREATMENT PLAN

**CLIENT:** Caleb Saunders

**DATE:** 5/9/25

**Practitioner:** Leigh Gibbs

### TREATMENT AIMS:

1. Continue to reduce GIT inflammation and support digestion.
2. Support hormone production and libido.

### Dietary /Lifestyle Requirements:

- Gluten Free. Avoid gluten containing foods. There are good options available now - gluten free pasta, lentil pasta, gluten free bread/ pizza bases.
- Red meat ok 3 x week.
- Continue with dietary recommendations as per initial treatment plan.

### SUPPLEMENTS:

**TriZinc** - support healthy hormones and libido.

*DOSE: 1 cap in the morning with breakfast, 3 x week. M/W/F only.*

**Hydrozyme** - increase HCL and digestive enzymes

*DOSE - 1 cap 10 mins before meals.*

**CelluGenex** - reduce inflammation, support gut healing and detoxification.

*DOSE: 1-2 scoops, 2 x day. If flu symptoms present half the dose.*



**Supplement Schedule:**

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Hydrozyme	1cap	1 cap	1cap	X		
CelluGenex	1 scoop		1 scoop			X
Tri Zinc Supreme. M/W/F	1cap				X	

**Referrals and Testing:**

N/A

**Next Appointment:** Friday 26th September 4pm, TBC.

