

# Treatment Plan

**DATE:**

24<sup>th</sup> September 2025

**NAME**

Laura Bunting

**DURATION**

8 weeks

**OBJECTIVE**

*Fertility support, key nutrient repletion, methylation support, phase II liver, improve lipid protein ratios, balance microbiota*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		8mls				8mls			
Pure Natal					1				
P2 Detox (10-14 days)		1 tsp				1 tsp			
Iodine						1			
LivCo		2							

**DIET & LIFESTYLE**

**Mediterranean style Diet** – Focus on good clean proteins + coloured veg + good fats

**Brazil nuts daily**

**Strictly no seed oils**, trans or hydrogenated fats. Only consume olive oil, ghee, tallow, coconut oil, butter

**Avoid all gluten, limit alcohol, refined carbohydrates and sugars**

**Exercise 4-5 times a week**

**Pathology** – thyroid, electrolytes, kidney markers, fasting blood glucose, liver enzymes, full blood count,

\*full iron studies (including B12, folate, ferritin) vitamin D

**NEXT APPOINTMENT**

8 weeks, email through additional pathology