



TREATMENT PLAN

CLIENT: Claudia Gomez

DATE: 11/10/25

Practitioner: Leigh Gibbs

Hi Claudia,

I have just gone over your bloods again, in more detail, as something I felt was amiss.

I'd like you to cease taking the MenoBalance. Your liver is struggling. The supplement contains Black Cohosh and whilst it is a wonderful herb for menopause, should be used with caution with any liver conditions. It could possibly be the reason for the increase in your liver markers also.

At our next appointment, I can formulate you a specific menopause herbal mix, if you wish.

As well as the liver herbs, I'm also going to add a B-Complex vitamin, just for some added support. Bs are essential for liver health, detoxification, cholesterol, mood, energy, blood sugar regulation and overall longevity.

Leigh :)

TREATMENT AIMS:

1. Support liver & gall bladder health
2. Reduce inflammation
3. Increase nutrient intake
4. Improve Vitamin D levels.

NEXT APPT:

5. Support weight management.

Dietary /Lifestyle Requirements:

- VITAMIN D - please try to expose yourself to at least 20mins of sunshine between the hours of 9:30 and 11am. Here is the app I use. [D Minder](#) The free version has sufficient useability. You can pay for the upgrade with more features also.
- Continue increasing your intake of non starchy vegetables, to help your bowels, cholesterol, blood sugar, liver and detoxification.



- I think it would be a good idea to cease taking the brandy/chilli/garlic/ginger tonic. The chilli can slow digestion down, causing the fullness at night. It may be causing the chest pain or GERD (silent reflux) If it continues to happen however, as my duty of care, it is best to head to your nearest ED just to rule out any cardiovascular episodes.

SUPPLEMENTS:

Cease the MenoBalance Supplement.

- BioMedica Bio Activated Bs - support liver health, function, energy, mood and vitality.

DOSE: 1 cap in the morning after food

- Liver/Gall Bladder Herbs - to support liver and gall bladder health, function and detoxification.

DOSE: 2.5ml in a little water, 2 x day before food.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioActivated B	1 cap					X
Liver Herbal Mix	2.5ml		2.5ml			X
Collagen	1 scoop				X	

Referrals and Testing:

Next Appointment: Thursday 30th October, 2025

