



TREATMENT PLAN

CLIENT: Mitch Dolman

DATE: 11/10/25

Practitioner: Leigh Gibbs

Hi Mitch,

I couldn't find a capsule supplement with all the minerals, so there's a few individual ones. You can take most of them after breakfast. **But do not take with coffee** (pointless as the coffee stops absorption)

Just follow the supplement schedule table below.

Leigh :)

TREATMENT AIMS:

1. Support liver health, mood, dizziness
2. Lower inflammation and oxidative stress.
3. Increase nutrients

Dietary /Lifestyle Requirements:

- Please add 1 type of protein with your banana in the morning. A boiled egg is great. Or some chicken is good also. You could try switching the fruit up with an apple or berries also. Just for different nutrients.
- If you can, have this breakfast before your coffee.
- Coconut Water - if you like coconut water, add it daily as it is high in natural minerals.
- For the next 2 weeks, try to reduce your alcohol intake by 2 bottles a night.
- Do the same with cigarettes. Take note of how many and try to reduce by maybe 4 a day.
- At lunch time, include 1 serve of vegetables. Raw carrots, capsicum, cucumber, celery or anything you prefer. Vegetable intake will help reduce the inflammation in your body.
- FISH - is a great protein option. And anti inflammatory also. Try to eat at least 2-3 x week.

SUPPLEMENTS:



- Stop Mineral Powder

NEW:

- **MagDuo** - Support energy production, dizziness, neurological function, mood, nutrient repletion
DOSE: 2 tablets in the morning after food.
- **Zinc Sustain** - Support neurological function, mood, energy, immune system.
DOSE: 1 cap in the morning after food.
- **CalMag** - lower inflammation and oxidative stress.
DOSE: 2 caps before bed.
- **NAC** - Antioxidant support & liver health.
DOSE: 2 caps before bed.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Bio Activated B	1 cap				X	
Zinc Sustain	1 cap					
MagDuo	2 caps					X
OmegAvail	1 cap				X	
Annatto E	1 cap					X
CalMag			2 caps		Before bed	
NAC			2 caps		Before bed	

Referrals and Testing:

- **Bloods** - either email last ones from GP, or here is the link to order your own:

Instant Scripts

Click on Pathology Referral at the top, then choose **General Health**. Fill out as prompted. Pay \$24. Your script will be approved and emailed through in a short time. Simply take to any pathology centre to have the bloods taken. Please have them done fasting overnight. Only water in the morning. No other food or drink. And send to me as soon as they have been returned.

I'd like you to also choose the '**Irritable Bowel**' pathology. I know you don't have IBS, but I want to see if you have Gluten Intolerance, or Coeliac Disease. As this can cause your symptoms. Good to rule out.

- **HTMA** - hair mineral test. All instructions, referral and envelope included. Please fill out as required. This test will be added to your invoice.

Next Appointment: October 30th 1pm.

