



TREATMENT PLAN

CLIENT: Eliot Paul

DATE: 11/10/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Continue to support histamine response & reduce inflammation
2. Support detoxification
3. Improve sleep quality and energy.

Dietary /Lifestyle Requirements:

- Juicing - add some more variety to your juices. Low histamine veg & fruit. Plenty of references online.
- Add some sort of carbohydrates to your breakfast. Good Gluten Free options are GF bread/toast, GF granola. Maybe switch your breakfasts up some days. Smoothies with fruit, protein powder, MCT oil and coconut water, are a good option. Full of carbs, protein and fats to help your energy levels.
- Keep on adding more coloured veg to your diet. Leafy greens especially.

SUPPLEMENTS:

- Once you receive the new supplements, cease the Alkalising Minerals.
- You may start back on the Mega Zinc when you stop the Minerals.
But only 1 tablet 3 x week, eg: M/W/F

- When you run out of the Charcoal, I'd like you to purchase this binder product online.
[MycoPul](#).

It is more comprehensive and will target various mycotoxins. Take it at least 2 hours away from food and the Sulphoraphane/Gemmune IB supplements.



- **GFE Sulphoraphane**

DOSE: 2 caps morning and night.

- **GEMMUNE IB**

DOSE: start with 1 cap, morning & night. You can take with GFE.

After 1 week, increase to 2 caps, 2 x day.

- **Designs for Health Tri Mag Restful Night** - help with sleep onset and maintenance.

DOSE: 1 scoop in 200ml water, 1/2hr before bed.

- **Echinacea Drops** - Anti Viral, immune support.

DOSE: 3ml in a little water, in the morning after food.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioActivated B	1 cap				X	
Echinacea Drops	3ml					X
Mega Zinc - M/W/F	1 tab				X	
GFE Sulphoraphane	2 caps		2 caps	Any time is fine		
Gemmune IB (increase to 2)	1 cap		1 cap	Any time is fine		
Charcoal / MycoPul		1 cap		Empty stomach, 2hrs away from food/supplements		
Tri Mag Restful Night			1 scoop	1/2 hr before bed		

Referrals and Testing:

N/A

Next Appointment: Saturday November 1st, 2025

