



TREATMENT PLAN

CLIENT: Lisa Bennett

DATE: 18/9/25

Practitioner: Leigh Gibbs

Hi Lisa,

You're doing such a great job at making positive changes. Please remember that healing takes time. If you need to, please give yourself some pain relief. We will be working on the gut once we get the stool test done, so don't worry about that. And the new protocol I'll put you on (the one we spoke about) will assist with this also.

Treatment has been adjusted slightly, whilst I wait for the Sulfuraphane (GFD) supplement to arrive. I have added a few others to support your D, iron levels and one that is specific for joint pain. Let me know how you get on.

Once the GFD supplement arrives and you start it, you will stop the Bs and the Alkalising minerals. We need to start very low dose. So only 1 cap a day. If there's any flare in symptoms, we drop to 1/2 cap and titrate up. As explained sulfuraphane tells a gene in the body (NRF2), to start making its own powerful antioxidants and anti-inflammatory enzymes.

I'd like to see you for a follow up in 2 weeks after starting the GFD. I'll express it to you once I receive it.

Leigh :)

TREATMENT AIMS:

1. Reduce inflammation, pain and oxidative stress
2. Support mood
3. Increase iron and vitamin D levels.

Dietary /Lifestyle Requirements:

- Continue as you have been - such good progress with your diet.
- If you think you can manage, stop gluten and dairy for 1 week, to see if it has an effect on pain and inflammation. Both dairy and gluten are very inflammatory. There are some decent gluten free bread options and some decent wraps. No pressure though.



SUPPLEMENTS:

CHANGES:

*BioActivated Bs - sprinkle 1/2 cap in juice or water in the morning after food, M/W/F/Sun

Cod Liver Oil - 1 cap daily.

*Alkalising Minerals - 1 scoop daily.

* You will stop these once you start the GFD.

NEW:

Biome Iron Probiotic: to increase absorption of dietary iron to support blood health and oxygenation of tissues

DOSE: 1 cap daily with dinner.

D- Complete: - increase D levels to support inflammation, mood and immune function.

DOSE: 1 cap daily

Metagenics Joint Intensive Care: - reduce pain and inflammation.

DOSE: 2 tablets, after meals.

Integra Nutritionals GFD - support cellular defences.

DOSE: 1 capsule in the morning.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
*BioActivated Bs M/W/F/Sun	1/2 cap					X
*Cod Liver Oil	1 cap				x	
Biome Iron probiotic			1 cap		X	
*Alkalising Minerals		1 scoop		Any time of day is fine		
D - Complete	1 tablet			Any time of day is fine		
Joint Intensive Care	2 tablets	2 tablets	2 tablets			X
GFD - start low dose	1 cap					X

Referrals and Testing:

Bloodwork. Please order through [Instant Scripts](#) as instructed on email.

CoBiome Stool Analysis Test - you will receive the referral by email and the test kit will be sent to you directly, once paid for. The results then come straight to me.

Next Appointment: Approx 10th October. TBC

