



TREATMENT PLAN

CLIENT: Cardia Pratico

DATE: 12/9/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Reduce GIT inflammation - diet / supplements
2. Support liver health & reduce inflammation - herbs / supplements
3. Improve mood and energy - supplements
4. Regulate hormonal axis - herbs

FOLLOW UP APPT:

1. Assess and adjust treatment as necessary

Dietary /Lifestyle Requirements:

- As mentioned the more colourful vegetables you can get in your diet, the better, to reduce inflammation and oxidative stress
- Reduce red meat consumption. No more than 2 x week.
- Try to switch up your breakfasts a little. Eggs contain iron also, so we want to reduce intake (for the moment whilst you test for Haemachromatosis)
- In the Luteal Phase (last 2 weeks of your cycle) please increase calcium rich foods. Good sources of calcium include: Bok choy, canned sardines & salmon with bones, sesame seeds, tahini, tofu, almonds, leafy greens. Aim for 4 serves per week minimum.

SUPPLEMENTS:

Continue to take the fish oil. 2 caps daily.

Stop the Chastetree, Activated Bs, MetaRelax, PMS Ease.



MagTaur - support energy, mood, stress response and liver health.

DOSE: 1 scoop in 200ml water in the morning, after food.

Hydrozyme - support digestion and nutrient absorption

DOSE: 1 capsule at start of each meal.

2-FL MOOD - reduce GIT inflammation, support mood and brain function

DOSE: 1 cap, 2 x day straight after food, morning and night.

Herbal Medicine - regulate ovarian axis, hormones, nervous system and liver health.

DOSE: 5ml in a little water, on rising and in the afternoon (away from food/supps)

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Hydrozyme	1 tablet	1 tablet	1 tablet	X		
MagTaur	1 scoop					X
2-FL Mood	1 tablet		1 tablet			X
Herbal Medicine	5ml		5ml	Away from food and supps		
Metagenics Fish Oil	2 caps				X	

Referrals and Testing:

GP for Hemachromatosis gene when you return. This will be covered by medicare as it is warranted on your blood work.

If possible, go on day 3 or 21 of your cycle and ask them to check hormones also:

LH, FSH, Estrogen, Prog, Test, DHEA. And ask them to check Vitamin D too. Just tell them you have a long cycle, and quite significant PMS symptoms.

Next Appointment: in 3 week time. TBC.

