



TREATMENT PLAN

CLIENT: Zhara Mahlstedt

DATE: 25/10/25

Practitioner: Leigh Gibbs

Hi Zhara

As mentioned, the food we eat runs our biochemistry and that starts with how well we digest it. Please try to include more warming foods - soups are a great option too.

In the pathology of migraines/headaches, low Vitamin D, magnesium, calcium and B vitamins are common. As your digestive function is not optimal, your uptake of these nutrients will be poor.

I have attached a PDF of the dietary guidelines for the protocol I am putting you on. Do your best to increase your protein intake together with non-starchy vegetables to start.

Any foods like lentils etc that you know you can't tolerate, avoid for the moment, whilst your gut inflammation settles and you notice a reduction in bloating.

Leigh :)

TREATMENT AIMS:

STEP 1:

1. Increase digestion to support assimilation of nutrients - supplements
2. Increase protein intake - diet
3. Support reduction of symptoms - supplement/diet/herbs
4. Reduce bloating and GIT inflammation - supplement.

FOLLOW UP APPT:

5. Assess and adjust treatment as necessary.

Dietary /Lifestyle Requirements:

- BREAKFAST - is needed to nourish our bodies and kick start our metabolism. It helps regulate blood sugar, cortisol and hormones, throughout the day. Including protein in your first meal, helps manage blood sugar and stop carbohydrate cravings. If you can manage it, please try to introduce food in the mornings. Protein, fats and carbs. Suggestions;



- Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice.
 - Quick bite before work could be kiwi fruit with a handful of nuts if tolerated, or apple with nut butter/tahini. (Not peanut butter)
 - Overnight oats with coconut yoghurt, protein powder, berries, grated apple and some nuts and seeds for added fats.
 - Smoothies with fruit, a protein or collagen powder, LSA (linseed, sunflower, almond meal - will help support liver, hormones and provide essential fatty acids for nervous system and brain health) + a non-dairy milk of your choice.
 - Scrambled tofu - chop up some veg - zucchini, spinach, tomato, mushrooms or whatever you have and add.
 - Black rice pudding with coconut milk and fruit.
- As mentioned, please try to consume more warming food, to take a load off the digestive system. Raw plant foods contain phytates also, that can bind to essential minerals and reduce uptake. Balance is key.
 - Protein - all your protein markers are low. Please increase consumption. Vegetarian options: tofu, beans, peas, legumes. If you can manage - I know you stopped eating fish recently, but sardines are very nutritious and a great source of calcium. The Brunswick Wild sardines are delicious. I enjoy them on toast with avocado, lemon juice, rocket, salt and pepper or in salads.
 - Vit D - your D levels were very low. Please aim for 20mins in the sun from 9:30-11am. Or mid afternoon. Face covered of course.
 - Choline - A nutrient crucial for brain, nervous system and liver health. Please increase your intake of the following: Kidney Beans, Soy beans, Shiitake mushrooms, quinoa, cauliflower, brussel sprouts. Please keep in mind that vegetarian sources are substantially lower in this nutrient, so you'll need to eat a few of these foods daily.
 - Calcium - please increase calcium rich foods daily. This nutrient is needed for muscular and vascular health as it plays a role in blood vessel contraction and dilation, which regulates blood pressure and flow. Sources - Tofu, bok choy, Brazil nuts, almonds, figs, soy beans, tahini & sesame seeds.

SUPPLEMENTS:

Please cease the LifeFx drops. And the greens powders. Greens powders have very concentrated phytonutrients/minerals and not quantifiable. You have a diet rich in phytonutrients and again, balance is key.

- Herbs of Gold B12 - please take 1 spray daily.
- ZymeGest - Digestive enzymes to support breakdown of food and reduce bloating.
DOSE: 1 cap at the start of each meal. 3 x day.
- GFD - to provide added nutrient support, improve liver function and reduce oxidative stress.
DOSE: 1 cap in the morning for 1 week.
If well tolerated (no gut symptoms) increase to 1 cap, 2 x day.



Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzyme	1 cap	1 cap	1 cap		X	
B12 Spray	1 spray				X	
GFD	1 cap					X
Herbal Mix				As prescribed		

Referrals and Testing:

N/A

Next Appointment: November 15th, 3pm

