

NADA Wellness

Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

hello@nadawellness.com.au | 0456619890



TREATMENT PLAN

CLIENT: Cardia Pratico

DATE: 6/11/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Continue to reduce inflammation
2. Support liver and gall bladder.
3. Balance hormones.
4. Support muscular inflammation.

Dietary /Lifestyle Requirements:

- As previous plan

SUPPLEMENTS:

As discussed, please switch out the following when you've finished the bottles.

- Digestive herbs: reintroduce for a few days. If any symptoms, let me know.
- MagTaur - change to **GFD**
DOSE: 1 capsule daily. If any gut symptoms, reduce to half a capsule and build tolerance (over 3-4days) then double the dose. Then titrate up to 4 caps daily.
- 2FL Mood - change to **Give Back Health Saffron & Zinc**
DOSE: 1 caps, 2 x day. (Any time is fine)
- CalMag -
DOSE: 2 caps, 2 x day, morning and night.
- Hormone Herbs - continue as prescribed.



Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Herbal Mix	20 drops		20 drops	X		
GFD - titrate up to 4 caps daily	1 cap					X
Saffron Zinc	1 cap		1 cap			X
Hormone Herbal Mix	5ml		5ml	Away from supps.		
Cal Mag	2 caps		2 caps	Any time is fine		

Referrals and Testing:

N/A

Next Appointment: 4 weeks Approx Dec 4th. TBC

