



TREATMENT PLAN

CLIENT: Eden Imlach

DATE: 7/11/25

Practitioner: Leigh Gibbs

Hi Eden,

The food we eat runs our biochemistry. Nutrition is the foundation of our health, especially during times of stress and life's challenges. Food directly impacts our energy, mood, inflammation levels, gut health, and hormone balance. Choosing a wide variety of nutrient-dense, whole foods provides your body with the building blocks it needs to repair, regulate, and thrive.

Below is a list of bloods we spoke about. I missed fasting glucose, so please request what is below.

TREATMENT AIMS:

STEP 1 - GUT HEALTH & NERVOUS SYSTEM REGULATION

1. Reduce bloating and burping
2. Improve digestion and assimilation of nutrients
3. Support nervous system and improve energy levels

STEP 2: HORMONE REGULATION

4. Support hormone balance
5. Improve skin health

Dietary /Lifestyle Requirements:

- Practice doing 5 deep breaths before eating. This switches us out of fight or flight, so our digestion is working.
- Try to get the sunlight in your eyes first thing in the morning (not looking directly at the sun obviously). If you can get outside for 5 minutes after waking, sunlight helps to regulate cortisol and our hormones.
- COFFEE - Please enjoy your coffee 20mins AFTER breakfast. Coffee causes a spike in stress hormones and sets you up for energy crashes later in the day. We want cortisol to rise naturally.



- **BREAKFAST** - try to switch your breakfasts up a little. So there is a variety of nutrients coming into the diet. Some suggestions:
 - Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice.
 - Overnight oats with yoghurt, protein powder, berries, grated apple and some nuts and seeds for added fats.
 - Smoothies with frozen fruit, a protein or collagen powder, seed mix + a non-dairy milk of your choice or coconut water.
 - Egg muffins - whisk up 2 or 3 eggs, chop up some veg - zucchini, spinach, tomato, mushrooms or whatever you have. Add some cheese. Mix and pour into muffin tins. Bake in oven for 10-15 mins. You can do these at night, refrigerate and take to work the next day.
 - GF toast with avocado, sardines, sprouts, squeeze of lime juice salt and pepper.
- **ANTI INFLAMMATORY FOODS - VEGETABLES** - please increase your intake of coloured, non starchy vegetables. Aim for 4-5 servings a day. Dark leafy salad greens also. **EAT THE RAINBOW** :)

1 serve = 1 cup salad veg or 1/2 cup cooked veg.

Vegetables contain numerous antioxidant phytonutrients, fibre and are anti inflammatory. Limit potatoes or sweet potatoes as they are high GI veg. A little is fine. Fibre also feeds the good bacteria in our digestive system, adds bulk to the stools and is like a cleaning aid for the GIT. It also binds to excess cholesterol, helps clear estrogen and is anti inflammatory.
- **SEED CYCLING** - seeds contain phytochemicals and anti-inflammatory fats, that can help to regulate and metabolise hormones and reduce PMS pain. Please introduce the following into your diet: (can add to smoothies or sprinkle on salads, breakfasts etc)

Follicular Phase - DAY 1-14: 2 tbsp ground flax seeds & ground pumpkin seeds

Luteal Phase - DAY 15-28: 2 tbsp ground sunflower seeds & sesame seeds.

- **CALCIUM** - is a much needed mineral for women. 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.
- **FISH** - Omega 3 fatty acids are very important for modulating inflammation, nerve function and brain and hormone health. Please include 2-3 serves a week. Salmon, sardines, fleshy white fish are the best options.
- **FATS** - in your luteal phase, please reduce the amount of saturated fat you consume.

SUPPLEMENTS:

Designs for Health ZymeGest - to improve digestion and assimilation of nutrients

DOSE: 1 capsule just before each meal

MagDuo Adapt - support energy, mood, hormones and reduce PMS pain.

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



Herbal Medicine - reduce GIT inflammation, support liver, gallbladder, nervous system and energy.

DOSE: 5ml in a little water, 2 x day before meals

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
ZymeGest	1 cap	1 cap	1 cap	X		
MagDuo Adapt	1 scoop					X
Herbal Medicine	5ml		5ml	X		

Referrals and Testing:

As discussed, please visit your GP and have the following bloods done along with your Blood Pressure.

I also suggest mentioning the Postural dizziness. This could be related to a condition called POTS. Best to have it ruled out.

- Iron studies
- CBC
- E/LFT
- Lipids
- Vit D
- TSH - T4 & T3
- B12
- Coeliac Gene
- Fasting Glucose/ Insulin, HBA1c.
- DHEA
- Female Hormones

Next Appointment: Thursday 27th November, 6:30pm

