



TREATMENT PLAN

CLIENT: Eliot Paul

DATE: 8/11/25

Practitioner: Leigh Gibbs

Hi Eliot,

Reduce histamine foods for the moment, whilst the protocol does its work. I have attached a PDF for your information. Maybe best to leave the yogurt for now - try coconut yoghurt instead. (Its on the high histamine list) The raw dairy milk should be fine though. If you notice the allergy symptoms aren't improving, stop the milk.

As suggested, please try to increase the amount of coloured plant foods in your diet, but choose from the low histamine list.

I have attached a sample 7 day diet and another recipe resource for your information.

Have a great week :)

Leigh

TREATMENT AIMS:

1. Reduce histamine response.
2. Support immune function
3. Reduce inflammation and oxidative stress.

Dietary /Lifestyle Requirements:

- Reduce high histamine foods. Maybe swap eggs out every couple of days for a different breakfast. Eggs can contribute to high histamine levels.
- Remove eggplant from your diet.
- Include more fresh fish in your diet. 2 x week if possible.
- Some website resources for recipe/meal options. There are plenty online too.

<https://www.throughthefibrofog.com/low-histamine-recipes/>



- Coconut water is a great option for added electrolytes. Please drink 1 glass a day. Especially after a workout.
- Reduce your intake of 'left-overs'. The longer something is sitting in the fridge, the higher the histamine content. Freeze after cooling, if you're batch cooking.

SUPPLEMENTS:

- **GFE Sulphoraphane**

DOSE: 1 cap, morning and night.

- **GEMMUNE IB**

DOSE: start with 1 cap, daily on an empty stomach. Take for 1 week then increase to 2 caps, 1 morning and 1 night.

- **Designs for Health Tri Mag Restful Night** - help with sleep onset and maintenance.

DOSE: 1 scoop in 200ml water, 1/2hr before bed.

- **Mega Zinc** - 1/2 tablet, daily.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioActivated Bs	1 cap					X
GFE Sulphoraphane	1 cap		1 cap			
Gemmune IB	1 cap					
Mega Zinc	1/2 tab				X	
TriMag Restful night			1 scoop	Half an hour before bed.		

Referrals and Testing:

Next Appointment: Friday 28th November 9am

