



TREATMENT PLAN

CLIENT: Halley Flanagan

DATE: 22/11/25

Practitioner: Leigh Gibbs

Hi Halley,

I've attached the original patient 'What to Eat' PDF and also one for 'non starchy vegetables' for your information.

We are at Step 1. As we are only just starting to bring down the inflammation, please don't eat what causes discomfort ie garlic, onions, broccoli etc. This PDF is just a general guide and recommendations are adjusted for individuals, depending on your presentation. But the idea is we want to start increasing the variety of vegetables as the inflammation lowers.

The fruits/veg I've listed below are high fructose ones. Please just avoid for the time being. But try to introduce a small amount of others.

Leigh :)

TREATMENT AIMS:

1. Reduce GIT inflammation
2. Reduce bloating
3. Reduce occurrence of headaches
4. Improve energy

Dietary /Lifestyle Requirements:

- Avoid these high fructose foods:

Mangoes, peaches, watermelon, grapes, apples, pears, cherries, dried fruits, beetroot, asparagus, sugar snap peas, peas, capsicum, tomato, mushrooms.

- Adrenal Cocktail - have this first thing in the morning.

- 100ml coconut water (lowest sugar one), squeeze lime juice & pinch of sea salt.



- Try to eat something within 1 hour of waking to help your metabolism and energy levels. Perhaps have some papaya, but pair it with some protein - handful of nuts, or a boiled egg to help balance blood sugar.
- Try to introduce 1 new vegetable every few days. And 1 new low fructose fruit.
- Increase your intake of nuts and seeds and olive oil, if well tolerated for extra fats to help with bowel lubrication. Brazil nuts are great for selenium.
- Juicing is also a great way to get extra nutrients and enzymes in. Just stay away from the high fructose fruits.
- Just as an aside, bok choy is a wonderful vegetable, well tolerated with gut symptoms and full of calcium. Please try to include this.
- Tahini (hulled) - this is another great source of calcium and fats. Add to your lunch, use as a dip or pop in a smoothie.

SUPPLEMENTS:

- Resume the Tri-Mag Supreme at night.
- Take the Bs on the day you take the FeMax Tonic.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
ZymeGest	1 cap	1 cap	1 cap	X		
GFE - titrate up to 2 caps daily.	1/2 cap					X
MolyZinc	1 cap		1 cap			
Herbal Medicine	2.5ml		2.5ml			X
Bs - on FeMax days.	1 cap					
Fe-Max Tonic - Every 2nd day	5ml	5ml	5ml			
Heme Iron - Alternate FeMax	1 cap			On an empty stomach		

Referrals and Testing:

Please email through blood results when they are returned.

Next Appointment: 12th December, 9am

