

Treatment Plan

DATE:

12th November 2025

NAME

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DURATION

4-8 weeks, pending progress

OBJECTIVE

Nourish, hydrate, improve methylation, nutrients utilization, reduce inflammation, Liver repair, build blood/platelets, gutdysbiosis repair

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
Magtaur Xcell		$\frac{3}{4}$ scoop							
GI Repair		1.5 tsp							
Nordic Fish oil		1				1			
S.Bifido Biotic		1				1			
Mother and baby									1
Diatomaceous Earth	Take away from other supplements								

DIET & LIFESTYLE

Mediterranean style Diet – Focus on good clean proteins, veg, good fats

Hydration – 2.5 - 3 litres/day

Lemon, pinch sea salt in warm water first thing every morning

Pathology in 8 weeks – thyroid – (TSH, T3, T4, antibodies) electrolytes, kidney markers, fasting blood glucose, **liver enzymes**, full blood count, *full iron studies (hemoglobin, iron, ferritin, B12, folate)

NEXT APPOINTMENT

8 weeks, revise blood markers