

# Treatment Plan

**DATE:**

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**NAME**

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**DURATION**

4 weeks

**OBJECTIVE**

*Stress adaption, Cortisol reduction, thyroid balance, methylation support, liver repair and detoxification, reduce lipids, increase anti-oxidant support*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
Resist X Advanced			1				1		
SFM Xcell			1				1		
CitaMag		1				1			
BIO D3 + K2		1							
CoQ10 300mg		1							
Detox Pro	Mix powders together	1 scoop				1 scoop			
Poly C Powder		¾ tsp				¾ tsp			
NAC		1 scoop				1 scoop			

**DIET & LIFESTYLE**

**Mediterranean style Diet –, Gluten free**, very low carbohydrate! More focus on good clean proteins, low starch veg, small amount of good fats

**Strictly no seed oils, trans or hydrogenated fats. Only consume smaller amounts of olive oil, ghee, coconut oil**

**Order of eating** – if possible eat low starch/carb veg/salad first, then protein, then fats, then carbs last

**No packed/processed foods**

Exercise 4-5 /7 times a week

You Tube videos – yoga, stress reduction 2 x daily

**NEXT APPOINTMENT**

Reassess in 4 weeks