

Treatment Plan

DATE:

25th September 2025

NAME

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DURATION

4 weeks

OBJECTIVE

Electrolyte balance/hydration, Stress adaption, adrenal support, mood and methylation support, Phase II liver repair and protect, increase bile, fat digestion, improve sleep quality. Reduce SIBO

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
Sleep herbal									7.5-10mls
MagTaur Xcell		1 scoop							
NAC		1 scoop				1 scoop			
Methyl B12		1000 mcg							
Ancient Lakes electrolytes	Pinch - ¼ tsp serve in water 1-3 times each day								

DIET & LIFESTYLE

Re-hydrate – Drink 2.5-3.5 litres alkaline filtered water daily (perhaps a travel size filter jug when away) sip water mostly away from meals by 30 mins if possible. Starting each day with 500 -1000mls

Mediterranean style Diet – Focus on good clean proteins, veg and smaller amounts of good fats

Monitor FODmap foods causing bloating and loose bowel

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

Avoid all gluten, dairy, refined carbohydrates and sugars

Record all dietary intake and symptoms for minimum of 2 weeks

Relaxation daily - breath work, stretching, yoga

Test urinary ketones with ketostix daily (on rising and afternoon) record number

Where possible get local pharmacy to **record blood pressure**

NEXT APPOINTMENT

4 weeks, assess ketones, BP, diet record