

Treatment Plan

DATE:

27th August 2025

NAME

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DURATION

4 weeks

OBJECTIVE

Electrolyte balance/hydration, Stress adaption, Nervous support, regulate circadian Rhythm, mood and methylation support, Phase II liver repair and protect, increase bile, fat digestion, improve sleep quality.

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
Livton		2				2			
RejuvaCalm									1-2
MagTaur Xcell		1 scoop							
NAC		1 scoop				1 scoop			
Methyl B12		1000 mcg							
Sodii	½ serve in suggested amount of water start and end of 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

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

Exercise 3-5 /7 times a week

Herbal – (Mediherb preferable) Schisandra 50, Withania 30, St Johns Wort 40, Saffron 30, Chamomile 40, Ginger 10

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

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

NEXT APPOINTMENT

4 weeks, assess ketones, BP