

# Treatment Plan

**DATE:**

31<sup>st</sup> July 2025

**NAME**

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**DURATION**

3 weeks

**OBJECTIVE**

*Stress adaption, Nervous support, regulate circadian Rhythm, methylation support, Phase II liver detox, liver support, protect and repair, improve fat digestion, parasite cleanse, 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							
VitaCleans		1				1			
Ultimate Fibre	Take 2/7 days week only								

**DIET & LIFESTYLE**

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, Pomegranate 40, Chamomile 40, Ginger 10

Consider PCR parasite testing, also advisable liver enzymes

**NEXT APPOINTMENT**

3 weeks, assess diet