

25.05.25

### Treatment Plan for Bella-Rose Hoffman

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Boswellia Complex		1				1			
Slippery Elm		2-3				2-3			
Hi Pep		1				1			
Ginger	1-5 drops in approx. 20-30mls of water water before meals or as needed with naused up to 5 x daily								
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

**Strictly Gluten, Dairy, refined carbohydrate and Sugar**

**Monitor FODmap foods** – gas and bloating

**Herbal teas** – chamomile, licorice (Red seal black adder), marshmallow, fennel, peppermint

**Essential Oil belly rub** - add approximately a total of 40 drops per 100ml of carrier oil (Apricot kernel, castor almond) Try chamomile, fennel, ginger, aniseed

**Castor oil packs** – every other night, a tablespoon of castor oil on the belly, rub in a clockwise direction, cover with a towel, add heat pack, and leave on overnight

Sunshine ☀️ daily

**Record all food and fluid intake, noting down symptoms at the times they occur**

**Blood work** -Full bloods to include liver enzymes, electrolytes, kidney markers, fasting Blood glucose, triglycerides, lipids, full iron Studies, B12, folate + vitamin D, Zinc.  
Ensure you are fasted, rested and hydrated prior to collection

**Next appointment: 4 weeks**

Email through any pathology results prior to next appt