

Treatment Plan

DATE:

16th September 2025

NAME

Bev Buttenshaw

DURATION

4 weeks

OBJECTIVE

Improve vitality, stress adaption, focus, mood, sleep, digestion and elimination

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
Magtaur Xcell		1 scoop							
Gut Synbiotic		1-2 scoops							
Melatonin									Suck 1

DIET & LIFESTYLE**Avoid high FODmap foods**

Flaxseed Gel – 4-6 tbsp daily (soak approx. two tbsps of flaxseed/linseed in 150mls of water, soak overnight. Best to make batch to last 5 days)

Sunshine before 9 am

Eat regularly – protein, a variety of coloured, dark green leafy veg, organic frozen berries, good fats

Daily mindfulness- eat slowly in a relaxed environment, focus on breath, stretching, yoga, and pelvic floor exercises from You-Tube each morning. Refer to chart given for more ideas..

Tiny pinch of **sea/Celtic salt in water**, first thing in the morning

Herbal teas after meals – peppermint, ginger, fennel, aniseed, chamomile

Colonic Hydrotherapy - Bottoms Up – Nerang (with Sussi)

NEXT APPOINTMENT

Reassess in 4-5 weeks