

Treatment Plan

DATE:

31st October 2025

NAME

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DURATION

4-8 weeks

OBJECTIVE

Improve vitality, reduce cortisol/anxiety, 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
L-theanine		1							1
Magtaur Xcell		$\frac{3}{4}$ scoop							
Gut Synbiotic		1-2 scoops							

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

NEXT APPOINTMENT

Reassess in 4-8 weeks