

Treatment Plan

DATE:

20th Aug 2025

NAME

Eli Nieuwoudt

DURATION

4 weeks

OBJECTIVE

Nervous system regulation, methylation support, improve microbiota balance, gut health, blood sugar and cortisol balance

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
MagTaur Xcell		1/4 scoop							
L-theanine (alphawave)		1/2 cap or 100mg				1/2 cap or 100mg			
S. Bifido Biotic		Add 1 cap to smoothie							1-2

DIET & LIFESTYLE

Avoid all gluten and refined carbohydrates and sugars. Keep dairy minimal

Include protein and good fats with every meal and snack. Opt for snack style lunch box.

Give a source of **B**

Record all dietary intake and symptoms for minimum of 2 weeks

Suggested blood work if opportunity arises – Full blood count, iron studies, b12, folate, liver enzymes, electrolytes zinc, vit D (preferably 10-12 hour fasted, hydrated and rested for collection)

NEXT APPOINTMENT

4 weeks, assess diet record and symptoms