

# Treatment Plan

**DATE:**

13<sup>th</sup> November 2025

**NAME**

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**DURATION**

4 weeks

**OBJECTIVE**

*Stress adaption, regulate circadian Rhythm, methylation support, Phase II liver-hormone steaming, improve sleep quality.*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Withania Complex		2				2			
S.Bifido biotic/ SB probiotic		1				1			
P2 detox		1 tsp				1 tsp			
Magtaur Xcell		$\frac{3}{4}$ scoop							

**DIET & LIFESTYLE**

**Mediterranean style Diet** – avoiding known allergens. Focus on good clean proteins + veg + good fats.

**Include Calcium rich foods daily** – dark green leafy, Asian greens- bok/pak choy, silver beet, chard broccoli, nuts (almonds), seeds (sesame/tahini) tinned salmon with bones, sardines,

**Strictly no seed oils**, trans or hydrogenated fats. Only consume olive oil ghee, coconut oil

**Exercise 3-5 times a week**

**Blood work** – Electrolytes, Kidney markers, liver enzymes, fasting blood glucose and insulin, lipids, triglycerides, full blood count, Iron studies (iron, ferritin, B12, folate) Thyroid, Vitamin D, Zinc, homocysteine, female hormones (LH, FSH, oestrogen progesterone, Testosterone, prolactin, sex hormone binding globulin

**NEXT APPOINTMENT**

4 weeks