

# Treatment Plan

## DATE:

1<sup>st</sup> October 2025

## NAME

Hannah Deyssel

Nicole Chester

Naturopath & Herbalist

Member: NHAA 156909

nicole@herbbar.com.au

0431 967 598

## DURATION

8 weeks

## OBJECTIVE

*Stress adaption, Immune modulation, reduce hepcidin, improve digestive function, Methylation support. Improve hormone ratios/streaming. Replete Iron, B12, Cobalt, Molybdenum zinc and selenium.*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			7mls
Digestive Herbal <i>Ideally take 10 mins before meals</i>		30 drops		30 drops		30 drops			
MagTaur Xcell	Mix together	<sup>3</sup> / <sub>4</sub> scoop							
Indol Activ DIM		1 scoop							
Colostrum		15gms							
Liposomal Iron <i>Hold in mouth for 2-5 minutes</i>	Take together	1 sachet				1 sachet			
Methyl B12 <i>Hold in mouth for 2-5 minutes</i>		1 every other day							
Primer Plus							1		
Curcuma Forte		1				1			

## DIET & LIFESTYLE

**Mediterranean diet** - good clean eating, focus on protein + good fats + salad/veg. **gluten free**, keep dairy minimal. Red Meat 3 x weekly.

**Include daily foods high in folate** – Dark green leafy greens, sprouted legumes, avocado, asparagus, cauliflower, broccoli. **Increase Selenium** – few brazil nuts daily

**\*Mindful eating** in a relaxed environment, 4-5 smaller meals/snacks, chewing food well. Don't overburden digestive system with big meals. Avoid refined carbs, sugars, smaller amount of fats.

Visceral treatment for activating vagus nerve. Emma/page – Empowerosteopathy, Tugun

**Next blood work** 8 weeks – liver enzymes, TSH, T3, T4, thyroid antibodies, full iron studies, B12, folate, full blood count, zinc

**PCR parasite + helicobacter pylori**

## NEXT APPOINTMENT

Reassess in 8 weeks, post pathology results