

# Treatment Plan

**DATE:**

30<sup>th</sup> April 2025

**NAME**

Hannah Deysel

**DURATION**

6 weeks

**OBJECTIVE**

*Stress adaption, Immune modulation, improve digestive function, absorption and bile production, Methylation support, Replete Iron, B12, Cobalt, Molybdenum and zinc, hormone balance.*

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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	1 scoop								
Hydrozyme		1		1		1			
Liposomal Iron <i>Hold in mouth for 2-5 minutes</i>	Take together	1 sachet							
Methyl B12 <i>Hold in mouth for 2-5 minutes</i>		1 pump							
Moly - Zinc							1		

**DIET & LIFESTYLE**

Mediterranean - good clean eating, focus on protein + good fats + salad/veg. preference gluten free, keep dairy minimal.

Red Meat 3 x weekly

Mindful eating, in a relaxed environment, involves chewing food into a liquid. Don't overburden digestive system with big meals.

Medical medium Heavy metal detox smoothie – 3 x weekly.

Record all food and fluid intake, noting down symptoms at the times they occur.

Functional pathology – complete in 4 weeks. Stop all herbs and supplements 7 days before collection

**NEXT APPOINTMENT**

Reassess in 6 weeks, post pathology results