

Treatment Plan

DATE:

24th June 2025

NAME

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DURATION

4 weeks

OBJECTIVE

*Stress adaption, Immune modulation (low-grade viral activation) Clear Lungs, reduce inflammation
Vitality, cellular energy support*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		10mls				10mls			
MagTaur Xcell		1 scoop							
Poly C Powder		¾ tsp				¾ tsp			
NAC		1 scoop				1 scoop			
Curcuma Forte		1				1			
Probiotic -> Probiotica Clinical		1/sachet							
Ubiquinol 150mg every other day		1							
BIO D + K2 every other day		1							
Mega Zinc 40mg every other day						1			
Artemisia Annua Take for 10 days only			1			1			

DIET & LIFESTYLE

Carnivore – chicken, lamb, fish, beef + fats (ghee, olive oil, tallow, coconut oil) + low reactive/low histamine veg (Asian greens, zucchini, yellow button squash, firm avocado, broccoli, sprouts cucumber, cos/ice-burg lettuce, **7 DAYS** and reassess

Eat in the following order - low starch **veg/salad ->protein ->fats ->Carbs/starches**

Avoid– Gluten eggs, corn, soy and dairy (can activate old viruses)

Record diet, symptoms and BP – AM and PM readings, Monitor how feel in different environments

Daily Yoga/pilates/stretching at home (YouTube videos)

Baths with Epsom salts/essential oils, Sunshine as often as possible

Be kind with yourself ❤️

Herbal - Astragalus, Echinacea, Withania, Thyme, Mullein, Propolis, Ginger

NEXT APPOINTMENT

Test- Tryptase? Reassess in 4 weeks