

Treatment Plan

DATE:

16th October 2025

NAME

Jenny Martin

DURATION

8 weeks

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OBJECTIVE BALANCE

Bladder tone, Phase II Liver detox/protect and repair, improve microbiota balance sleep quality. Heart and kidney tonic, Improve blood sugar balance

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
NAC		1g				1g			
LivCo		2				2			
P2 Detox		1 tsp				tsp			
SB Probiotic 60's One course		1				1			
Continue all current supplements as discussed									

DIET & LIFESTYLE

Focus on good quality protein + colourful Veg + Good fats

Try adding **serve of nuts/protein mid afternoon**

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

Pelvic Floor exercise daily - osteo pelvic treatments

Suggested next Blood work in 6 weeks – Electrolytes, Kidney markers, liver enzymes, fasting blood glucose and insulin, lipids, triglycerides, CRP, full blood count, Iron studies (iron, ferritin, B12, folate) Thyroid, Vitamin D, Zinc

NEXT APPOINTMENT

7-8 weeks