

Treatment Plan

DATE:

16th October 2025

NAME

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DURATION

3 weeks

OBJECTIVE

Stress adaption, regulate circadian Rhythm/HPA Axis, support methylation, phase II liver detox/hormone streaming, improve sleep quality, reverse insulin resistance, increase dopamine and melatonin

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Berberis Silymarin			1				1		
Chromium Vanadium			1						
L-Tyrosine		½ tsp				½ tsp			
SB Probiotic		1				1			
St Johns Wort		1				1			
L-theanine		1				1			
DIM		1				1			
Activated B12 (Methyl)		1 suck							
RejuvaCalm									2
Lavender Oil (100%)									1 drop pillow or temples

DIET & LIFESTYLE

Clean eating – Avoid refined carbohydrates and sugars

Focus on quality proteins + veg + good fats.

Aim for 4-5 regular smaller sized meals/snacks. Avoid overeating

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

Exercise min 4-5 times a week

Record diet and symptoms for two weeks

Next Blood work in 6 weeks – Electrolytes, Kidney markers, liver enzymes, fasting blood glucose and insulin, lipids, triglycerides, homocysteine, CRP, full blood count, Iron studies (iron, ferritin, B12, folate) Thyroid, Copper, Zinc, Male hormones (oestrogen, Testosterone, free testosterone, sex hormone binding globulin)

NEXT APPOINTMENT

3 weeks, bring diet record