

Treatment Plan

DATE:

17th November 2025

NAME

Jordan Costa

DURATION

6-12mths

OBJECTIVE

HCl support, digestion

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Hydrozyme		1-2				1-2			

DIET & LIFESTYLE

Focus on good clean proteins + veg + good fats.

Avoid high histamine foods and refined sugars

Avoid seed oils, trans or hydrogenated fats. Only consume olive oil ghee, tallow, coconut oil

NEXT APPOINTMENT

As needed