

Treatment Plan

DATE:

9th August 2025

NAME

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DURATION

12 weeks

OBJECTIVE

Stress adaption, Nervous system support, methylation support, Improve hormone ratios and metabolism, Heavy metal detoxification, liver support, protect, repair, Improve cortisol/insulin resistance, sleep quality, increase anti-oxidant supply.

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Withania Complex		2				2			
DetoxPro (3 weeks) then move toActiv DIM		1 scoop				1 scoop			
Liposomal Glutathione		1 scoop				1 scoop			1-2
MagTaur Xcell		3/4 scoop							
Poly C Powder (Vit C)		¾ tsp				¾ tsp			
Resist X Advanced			1				1		
Rejuva Sleep									1
Detox Smoothie	Once daily								

DIET & LIFESTYLE

Mediterranean style Diet – Focus on good clean proteins, and good fats with all meals.

Avoid all gluten, dairy, refined carbohydrates and sugars

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

Eat Organic where possible, particularly the dirty dozen/heavily sprayed fruit/veg

Use bi-carb/apple cider solution to wash off pesticides.

Alkalizing water filtration system to eliminate all heavy metals and contaminants. Avoid all unfiltered tap water. **Aim to drink 3 litres daily.** Consider testing water at home/work

Exercise 4-5/7 times a week

Detox smoothie 1 tsp chlorella, 1 cup fresh coriander , 1 cup frozen wild blueberries (60mls juice or 1 tablespoon powder, 1/2-1 orange, 1 banana, 1/2-1 cup water/coconut water, blend
Sunshine daily

NEXT APPOINTMENT

12 weeks