

# Treatment Plan

**DATE:**

24<sup>th</sup> April 2025

**NAME**

Katie Richardson

**DURATION**

4 weeks

**OBJECTIVE**

*Stress adaption, Restore adrenals, Reduce anxiety, MCAS/histamine, Improve methylation and sleep*

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| Supplement              | On Rising | Before Breakfast | After Breakfast | Before Lunch | After Lunch | Before Dinner | After Dinner | Between Meals | Before Bed             |
|-------------------------|-----------|------------------|-----------------|--------------|-------------|---------------|--------------|---------------|------------------------|
| Herbal                  |           | 9mls             |                 |              |             | 9mls          |              |               |                        |
| Immune Defence          |           |                  | 1               |              | 1           |               | 1            |               |                        |
| Vitamin C               |           |                  | 1gm             |              | 1gm         |               | 1gm          |               |                        |
| MagTaur Xcell           |           | 1 scoop          |                 |              |             |               |              |               |                        |
| Zinc picolinate         |           | 1 scoop          |                 |              |             |               |              |               |                        |
| Neurocalm Sleep         |           |                  |                 |              |             |               |              |               | 2 + extra<br>1 if wake |
| L-Theanine (finish)     |           |                  | 1               |              |             |               | 1            |               |                        |
| HPA Essentials (finish) |           |                  | 1               |              |             |               |              |               |                        |

**DIET & LIFESTYLE****Gluten-Free**

**Low Histamine Diet** - lean towards meat protein + good fats + lower starch/FODmaps/histamine above ground veg for most meals ie Asian greens, zucchini, button squash, broccoli, cucumber, lettuce, sprouts if fresh (no mould). Limit amounts of potato, parsnip and carrot and fresh tomato.

Include **protein with all meals and snacks.**

Also omit all yeasts, refined carbohydrates and sugars (No refined 'white' simple carbs/sugars)

**Eat your food in this order** – start with salad/veg, protein - fat - carbohydrates

**Watch over-exertion with intense exercise.**

**Sunshine** ☀️ daily

**NEXT APPOINTMENT**

Reassess in 4 weeks. bring diet record

*Do not exceed the recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner.*