

Treatment Plan

DATE:

20th November 2025

NAME

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DURATION

8 -10 weeks

OBJECTIVE

Stress adaption, adrenals, support bile, liver repair, phase II support, methylation and glutathione support, increase zinc, methyl factors, reduce inflammation, joint repair, reverse metabolic syndrome

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
MagTaur Xcell		½ scoop				½ scoop			
NAC → Glutathione		1 cap				1 cap			
P2 Detox		1 tsp				1 tsp			
Livton → LivCo		2				2			
Withania Complex		2				2			
S. Bifido Biotic		1							
Clinical lipids		1				1			
Zinc Citrate							1		
Arthrex	One scoop daily in smoothie or water								

DIET & LIFESTYLE

Lower Carbohydrate Mediterranean Diet, Eat 4-5 smaller, more frequent meals. ***Eat in order of low starch veg/salad, then good clean proteins, then fats, then smaller portions of starches/carbs***

Strictly no seed oils, trans or hydrogenated fats. Opt for cold pressed unrefined olive oil at lower temps only, ghee, tallow, cold pressed unrefined coconut oil

carbohydrates/starchy veg (would suggest omitting carbs completely through this phase or small portions only occasionally) No sugars and alcohol. Opt only for low sugar fruits like berries

Include Calcium and folate rich foods daily – dark green leafy, Asian greens- bok/pak choy*, silver beet, chard broccoli, nuts (almonds), seeds (sesame/tahini)

Exercise as often as possible

Increase filtered, alkaline water to 2-3 litres per day. Mostly sipped away from meals

Blood work prior to next appt -Full bloods to include full blood count, liver enzymes, electrolytes, kidney markers, thyroid, fasting Blood glucose & Insulin, hba1c, triglycerides, lipids, full iron Studies, B12, folate + vitamin D, Zinc

NEXT APPOINTMENT

Reassess in 10 weeks, bring blood results