

Treatment Plan

DATE:

23rd September 2025

NAME

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DURATION

4 weeks

OBJECTIVE

Stress adaption, methylation, anxiety, mood support, detoxification, hormone ratio support, optimal fertility, improve digestion, microbiota balance, blood glucose balance, replete key nutrients

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
S.bifido biotic		1				1			
P2 Detox		1 tsp				1 tsp			1-2
Magnesium powder → MagTaur Xcell	Mix powders together	1							
		scoop							
Myoinositol		1gm				1gm			
Tresos Natal			1						
Primer Plus							1		

DIET & LIFESTYLE

Focus on regular quality proteins + variety coloured veg/salad (particularly dark green leafy, Asian greens, pak choy, kale, silver-beet, broccoli) + good fats (olive oil avocado, nuts, seeds)

Limit gluten, dairy, alcohol, refined carbohydrates and sugars

Exercise 4-5 times a week

***Chart cycle daily- symptoms, cervical mucus, basal body temperature**

Bloods – aim for day 21 of cycle (fasted, rested and hydrated thyroid, liver enzymes, electrolytes, kidney markers, fasting Blood glucose & Insulin, triglycerides, lipids, full blood count, full iron Studies, B12, folate + vitamin D, Zinc, female hormones (FSH, LH, oestrogen, progesterone, testosterone, free testosterone, Sex hormone binding globulin, prolactin) PCR- recheck parasites

It is recommended to refrain from conception while following this protocol for 3 months. If you happen to conceive, please let your practitioner know asap.

General considerations for male fertility – Mediterranean diet, P2 Detox, MitoPro (key nutrient and methylation support), Herbs to improve stamina/testosterone/sperm quality - e'g Tongkat Ali, Rhodiola, Siberian or Korean Ginseng

NEXT APPOINTMENT

4 weeks, assess cycle charting, blood results