

# Treatment Plan

**DATE:**

22<sup>nd</sup> Aug 2025

**NAME**

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**DURATION**

4 weeks

**OBJECTIVE**

Reduce gut burden/inflammation , remove possible allergens, improve immune balance

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Baby DHA – Nordic Naturals		2mls							
Lifespace baby		1.5gms							
						1			

**DIET & LIFESTYLE**

Very gradual introduction to solids – **only low reactive veg and meats** first, maybe some pear

**Suggestion for home-made based formula or look for non-dairy alternatives or try goats milk based**

MILK-BASED FORMULA- Makes 36 ounces

- 2 cups organic, certified clean raw milk or organic pasteurized, non-homogenized Malney milk, preferably from pasture-fed Jersey or Guernsey cows
- 1/4 cup homemade whey liquid
- 4 tablespoons lactose
- 1/4 teaspoon bifidobacterium infantis
- 2 tablespoons good quality cream (not ultra-pasteurized)
- 1/2 teaspoon high-vitamin or 1 teaspoon regular cod liver oil, 1 teaspoon unrefined sunflower oil, 1 teaspoon extra virgin olive oil, 2 teaspoons coconut oil
- 2 teaspoons gelatin
- 1 7/8 cups filtered water
- 1/4 teaspoon acerola powder

**NEXT APPOINTMENT**

4 weeks