

Treatment Plan

DATE:

4th November 2025

NAME

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Naturopath & Herbalist

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DURATION

4 weeks

OBJECTIVE

Immune modulation, reduce inflammation, HPA axis balance, nervous system regulation, support methylation liver/gallbladder/detoxification pathways, improve cellular integrity and function, Gut repair, improve microbiota by reducing blasto/bacterial overgrowth, increase beneficial bacteria

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
Magtaur Xcell		1 scoop							
Gur R		1 scoop							
S.Bifido Biotic		1				1			
Immune balance biotic	Week 1 – 1 before bed (alternate with Bactocand GI)								
Bactocand GI	Week 2 - 1 after BF and 2 before bed (Alternate with Immuno balance)								
Quercetin		1				1			
Fish Oil, Glucosamine			1 of each						
Magnesium, Calcium									1 of each
Vit C, D, E			1 of each						

DIET & LIFESTYLE

Diet – Animal protein, fats with selected above ground veg (low in starch, histamine and FODmaps – naturally free from gluten, grains, dairy, refined carbohydrates and sugars.

Foods allowed (chicken, lamb, beef, fish, seafood, offal, eggs + good serve of green beans, broccoli (smaller amounts) Asian greens, yellow button squash, lettuce, cucumber, avocado (firmer) tomato and capsicum (smaller amounts) + fats – ghee, olive oil (low temps), coconut oil, tallow,

Aim for 4-5 smaller sized meals/snacks each day

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

Record all dietary intake and symptoms for minimum of 2 weeks

Exercise 4-6 times a week. Yoga/breathing/stretching

Live TOX free - Keep environment free of mould, dust and environmental toxins

NEXT APPOINTMENT

4 weeks