

# Treatment Plan

**DATE:**

1<sup>st</sup> October 2025

**NAME**

Mark Twist

**DURATION**

4-6 weeks

**OBJECTIVE**

*Reverse Insulin Resistance, improve hormone balance, body composition and cardiovascular health lipid ratios, Repair and detox liver, microcirculation, methylation support, reduce inflammation*

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							
Indol Activ DIM		1 scoop				1 scoop			
NAC		1 scoop				1 scoop			
Resist X Advanced			1				1		
Clinical lipids			1				1		

**DIET & LIFESTYLE**

**Low carbohydrate Mediterranean diet** – Eat in order of low starch veg first, then protein, then fats, then complex carbohydrates last if necessary

**Suggest eliminating all carbohydrates**, strictly no refined carbohydrates, sugars and alcohol. Swap bread/rice/pasta/starches out for more protein and low-starch veg to stay satisfied.

**Eat variety of colourful low-starch veg/salad** - leafy greens, Asian greens, zucchini, yellow squash, green beans, broccoli, cauliflower

**Minimize fruit, opt for berries**, no high-sugar fruits, dried fruit, grapes or melons

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

**Include daily** - turmeric, ginger, garlic, berries, beetroot juice, green tea, min 85% dark chocolate (post

**Re-hydrate** – Drink 2.5-3.5 litres alkaline filtered water daily, sip water mostly away from meals by 30 mins if possible. Starting each day with 500 -1000mls

**Exercise 5/7 times a week. min of 45mins sessions** - mix of cardio, resistance/weights to burn fat and build muscle mass

**Record all food and fluid intake for 2 weeks**, noting down symptoms at the times they occur

**NEXT APPOINTMENT**

Reassess in 6-8 weeks, post pathology results (liver enzymes, electrolytes, kidney, thyroid, lipids, triglycerides, fasting blood glucose/HbA1c

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