

Treatment Plan

DATE:

13th June 2025

NAME

Melody Freestone

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DURATION

8-10 weeks

OBJECTIVE

Stress adaption, Adrenal and hormone, immune and methylation support, cognition, bone density,

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		8mls				8mls			
MagTaur Xcell		1 scoop							
Adrenotone		1				1			
BIO D + K2							1		
Bone Matrix							2		
L-Theanine		1				1			
DHA + Choline		1							

DIET & LIFESTYLE

Gluten-Free. Watch intake of high histamine/fermented foods.

Reverse Insulin Resistance (more keto style of eating plan, dropping carbs)

Prioritise Protein + less starchy above ground veg/salad for all meals and snacks (3 smaller main meals with two small snacks) Avoid carbohydrates and sugars (No refined 'white' simple carbs/sugars)

Swap out bread/carbs for extra protein and salad. Avoid carbs after 4 pm (6 hrs before bed)

Eat in order off plate- 1/.salad (as an entrée) then 2/.protein, 3/.fats and 4/.carbs last if possible.

No naked carbs on an empty stomach. Exercise 5-6 x weekly for a minimum of 45 minutes, including resistance exercise. Avoid trans/hydrogenated fats i.e margarine, seed oils and processed foods. Opt for berries (no high-sugar fruits (dried, grapes, melons) Drink 2-3 litres of quality purified alkaline water

Phytoestrogen foods (Include 2-3 serves daily) – Soy, tofu (non-GMO and organic) fermented Soy milk is preferred (Bonsoy) Edamame, Flaxseed meal (store In fridge, sunflower seeds, berries, apples, alfalfa sprouts, broccoli, cabbage. **Sunshine** ☀️ **daily** before 9 am, sunrise and sunset.

***Pelvic Floor exercises daily. Fascia release with Osteo**

Herbal 500mls (Mediherb where possible) Black Cohosh 80, Fennel 90, Tongkat Ali 150, Wild Yam 80, Nigella 100

NEXT APPOINTMENT

Reassess in 8-10 weeks