

Treatment Plan

DATE:

11th November 2025

NAME

Michelle Newby

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Naturopath & Herbalist

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DURATION

6 weeks

OBJECTIVE

Stress adaption, regulate circadian Rhythm, methylation support, Phase II liver detox, liver support, protect and repair, improve fat digestion, parasite cleanse, improve sleep quality.

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							
NAC		1 gm				1 gm			
Resist X advanced					1		1		
Sleep herbal									7.5mls +

DIET & LIFESTYLE

Gluten-free. Keep dairy minimal

Ketogenic diet to Reverse Insulin Resistance, and improve hormone balance, body composition and cardiovascular health.

Aim for first meal by 10 am

Sunshine ☀️ **daily** or light on the face before 9 am. This improves mood and sleep

Exercise 4-6 times weekly, including resistance exercise

****Record Blood Pressure twice daily**

Blood work -Full bloods to include Thyroid, liver enzymes, electrolytes, kidney markers, fasting Blood glucose, Hba1c, triglycerides, lipids, inflammatory markers (CRP & ESR), full iron Studies, B12, folate + vitamin D, Zinc,

female hormones (prolactin, oestrogen, progesterone, LH, FSH, Testosterone, SHBG)

Try Dr Jennifer Cortez (Robina Medical and Dental) via telehealth

**Try having more protein ready snacks and meals available - hard boiled eggs ,hot chickens, the good farm shop or Luvalee frozen meals.*

NEXT APPOINTMENT

5-6 weeks