

Treatment Plan

DATE:

30th October 2025

NAME

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DURATION

1-2 weeks

OBJECTIVE

Improve Elimination, Reduce gas and inflammation, prostrate

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
Curcuma Forte		1				1			
Methyl B12		5 drops							
Coloxyl with senna	1								1
Psyllium Husk		Start with 1 tsp and increase to 3 tsp over 7 days							3 tsp
De-gas									2

DIET & LIFESTYLE

Avoid High FODmap foods, Gluten and dairy as much as possible

Focus on eating protein and low starch/low FODmap veg (eggs, beef, chicken, seafood, fish with veg/salad like asian greens- bok/pak choy, green beans, capsicum, zucchini, cucumber, lettuce, tomatoes, yellow button squash

Don't overeat. **Chew food well in a relaxed environment**

Lemon in warm water first thing each morning

2-3 litres water daily between meals (keep minimal around mealtimes, to avoid diluting digestive enzymes

Record Diets, symptoms and bowel movements on form given

Castor Oil packs – Rub ½-1 tblespn castor oil, massage in clockwise direction before bed each night

Colonic Hydrotherapy – minimum of 3 sessions. Bottoms up – Nerang (07) 3532 7752.

<https://www.bottomsupcolonics.com.au/>

Suggested health retreats – **Healing garden retreat-** Tallebudgera valley

Camp Eden – Currumbin valley, **Gwinganna** – Tallebudgera Valley, Numala Welnnes retreat – Bonogin

NEXT APPOINTMENT

Reassess in 2 weeks – send diet record sheet through