

Treatment Plan

DATE:

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NAME

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DURATION

8-10 weeks

OBJECTIVE

Alkalize, bone density, stress adaption, Nervous support, regulate circadian Rhythm, Insulin resistance, /liver support, improve sleep quality.

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Alkamin Calm		1 scoop							
Resist X Advanced			1				1		
SB Probiotic		1							
Calcium D3 + K2							2		
D3 + K2 drops		1 drop							
Mind Ease		1					1		
Magnesium									1
RejuvaSleep									1-2

DIET & LIFESTYLE

Alkaline Diet – 80/20 rule Eat in order of low starch veg/salad, then good clean proteins, then fats, then smaller portions of starches/carbs. **Avoid alcohol, refined carbohydrates, sugars and excessive coffee**

Include Calcium rich foods daily – dark green leafy, Asian greens- bok/pak choy, silver beet, chard broccoli, nuts (almonds), seeds (sesame/tahini) tinned salmon with bones, sardines,

Avoid seed oils, trans/hydrogenated fats. Only consume olive oil (low temps) ghee, coconut oil, tallow

Exercise 4-6/7 times a week including weights/resistance and cardio exercise.

5-10mls **apple cider vinegar** before meals

Increase filtered alkaline water Intake –Add pinch quality sea salt/ancient lake electrolytes 2-3 x daily.

PH test strips – Check saliva AM and PM, 1hr away from food intake for 2 weeks. Check intermittently to ensure sitting 6.2-7.25 PH

Record all dietary intake and symptoms for minimum of 2 weeks (monitor bloating to FODmaps)

Pathology liver enzymes, electrolytes, thyroid, kidney markers, full Iron studies, B12, folate, zinc, vitamin D, Female hormones

NEXT APPOINTMENT

8-10 weeks, assess diet, salivary PH and blood work