

Treatment Plan

DATE:

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NAME

Rita Rahmani

Nicole Chester

Naturopath & Herbalist

Member: NHAA 156909

nicole@herbbar.com.au

0431 967 598

DURATION

4 weeks

OBJECTIVE

Alkalize, bone density, stress adaption, Nervous support, regulate circadian Rhythm, Insulin resistance/liver support, improve 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							
Berberis Silymarin Complex			1			1			
Chromium			1						
SB Probiotic		1				1			
Calcium/Magnesium							1		
D3 + K2		1 drop							
Mind Ease		1					1		

DIET & LIFESTYLE

Alkaline Diet – 80/20 rule start with low starch veg/salad, then good clean proteins, then fats, then starches/carbs

Avoid seed oils, trans or hydrogenated fats. Only consume olive oil ghee, coconut oil

Avoid alcohol, refined carbohydrates and sugars

Include protein and good fats with every meal and snack

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

Exercise 3-5/7 times a week

Increase water Intake – 2-3 litres (alkaline). Add pinch celtic/sea salt to your morning water with lemon

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

NEXT APPOINTMENT

4 weeks, assess diet