

# Treatment Plan

## DATE:

10<sup>th</sup> September 2025

## NAME

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## DURATION

8 weeks

## OBJECTIVE

*Stress/ HPA axis balance, reduce inflammation, liver detox support, cholesterol, Improve lipid and hormone ratios towards oestrogen (hair loss) Alkalise, Bone matrix density, improve muscle mass*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
MagTaur Xcell		$\frac{3}{4}$ scoop							
BIO D + K2		1 every other day							1
Indol Activ DIM		1 scoop				1 scoop			
Methyl B12		4 drops							
Calcitite Osteo									2
Arthrex every other day	1 scoop								
Curcuma Forte		1				1			
Clinical Lipids			1				1		
PEA phase out		1							
Rejuvacalm Sleep	Or 2 x Neurocalm Sleep or 1 x melatonin (suck)								1-2
Mag Glycinate									1-2
Zinc Picolinate							1 scoop		
Herbal (cold sores)	4mls 1-4 x daily as needed								

## DIET & LIFESTYLE

**Alkaline Diet** 80/20 Rule. Gluten and dairy-free

**Detox smoothie** -every other day, add 2 tsp super grass/greens powder, dulse flakes (recipe as given)

**Avoid all trans/hydrogenated fats** i.e margarine hydrogenated seed oils processed foods

**Increase calcium/mineral-rich foods** - dark green leafy (**Pak choy, Silverbeet**) **nuts (almonds, brazil nuts seeds (sesame/tahini))**, fresh and canned salmon with bones, sardines amaranth, tofu, feta, yoghurt, whey protein, legumes

**Other foods to Include daily**- fresh lemon, lime or apple cider vinegar, garlic, ginger, turmeric, organic frozen berries, green tea, min 85% dark chocolate or cocoa/cacao.

*Do not exceed the recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner.*

**Drink 2-3 litres of quality purified \*alkaline water daily** (Mostly away from meals)

**\*Muscle building, weight-bearing exercise** **\*Gentle Yoga/breath work/stretching 15-30 mins mid-morning**

**Sunshine daily. Lox Tox living**

**Hair tonic** – 40 drops of rosemary ess. oil in 100mls castor oil – rub into scalp 3 x week, leave over-night.

**Avoid plastics, endocrine disruptors**

**Blood work if possible** - thyroid (TSH, T3, T4, antibodies) female hormones (oestrogen, progesterone, testosterone, free testosterone, Sex hormone binding globulin)

## **NEXT APPOINTMENT**

Reassess in 6 weeks, pending blood work results