

Treatment Plan

DATE:

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NAME

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DURATION

6 weeks

OBJECTIVE

Stress adaption, HPA axis balance, reduce cortisol and inflammation, liver detox support, cholesterol, Improve lipid and hormone ratios, Alkalise, Bone matrix density

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 every other day									1
Indol Activ DIM		1 scoop				1 scoop			
Methyl B12		4 drops				2			
Calcitite Osteo → Bone Matrix									2
Arthrex	1 scoop								
Curcuma Forte		1			1		1		
Clinical Lipids			1				1		
PEA Max loading dose 1 tab 3 x daily for 3 days		1							1
Neurocalm Sleep/ RejuvaCalm									1-2
Mag Glycinate					1				1-2
Zinc Picolinate							1		
Kava	2 tablets 1-2 x daily as needed to relax tension headaches								
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

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

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

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.

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

***Epsom salt baths** – 1 cup per bath, soak min 15mins

***Muscle building**/reformer within limits

***Gentle Yoga stretches** – hips, use ball under feet, relieve tension around hot spots

NEXT APPOINTMENT

Reassess in 6 weeks