

Treatment Plan

DATE:

5th June 2025

NAME

Simone Raven

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

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
Alkamin Calm → MagTaur Xcell		1 scoop							
BIO D + K2 every other day									1
P2 Detox		1 tsp				1 tsp			
Phospholipid Complex	2					2			
Resveratrol 200mg		1							
Calcitite Osteo									2
Resist X Advanced							1		
Arthrex every other day	1 scoop								
Joint Intensive Care → Curcuma Forte 1 x daily		2							2
Clinical Lipids			2				2		
PEA		1							1
Neurocalm Sleep									2
Mag Glycinate									1-2
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 (recipe as given)

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

Increase calcium/mineral-rich foods - dark green leafy, nuts (almonds) 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, Brazil nuts, dark green leafy veg, 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)

***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

NEXT APPOINTMENT

Reassess in 6 weeks, pending blood work results