

Treatment Plan

DATE:

5th June 2025

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		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
Zinc Picolinate							1		
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

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

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