

Treatment Plan

DATE:

24th October 2025

NAME

Taryn Newby

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Naturopath & Herbalist

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DURATION

6 weeks

OBJECTIVE

Liver and methylation support, hormone metabolism, reducing cortisol, restore magnesium and nutrient levels, carbohydrate cravings

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Silymarin nausea, h/aches, fatigue		1		1					1 extra if needed
MagTaur Xcell methylation, energy, sweet cravings		½ scoop							
Pregnancy & breastfeeding switch to Eagle Tresos Natal					1				
Iron switch to Eagle HaemRed							1		
Take silymarin tablets 1 hour away from iron and iron rich meals									

DIET & LIFESTYLE

Mediterranean style Diet – free from refined carbohydrates and sugars

Aim for 4-5 smaller sized meals/snacks with a **focus on good clean proteins + veg + good fats.**

PROTEIN -

Animal sources - beef, lamb, game meats, offal, pork, chicken, fish, seafood, eggs, cheese, plain yoghurt/Yopro, whey protein powder, collagen

Vegan Sources - beans, lentils, split peas, chickpeas, tofu, nuts, seeds, nut and seed meals/butter, rice or pea protein

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

Gentle Yin yoga for cortisol reduction daily (You tube)

Get copy of blood work next visit to GP

NEXT APPOINTMENT

6 weeks

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