

Treatment Plan

DATE:

14th November 2025

NAME

Terri King

DURATION

3 weeks

OBJECTIVE

Reduce Nervous System, Regulate circadian Rhythm, Methylation support, improve microbiota balance improve sleep quality.

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							
S.Bifido Biotic		1				1			
Restoracalm									1-2

DIET & LIFESTYLE

Focus on good clean proteins + veg + good fats.

Strictly no seed oils, trans or hydrogenated fats. Only consume olive oil ghee, coconut oil

Exercise 3-5 times a week

Yin Yoga – 10-15mins daily, breathing

Castor oil – $\frac{1}{2}$ - 1 tblespn on belly, massage in clockwise direction

Blood work – Electrolytes, Kidney markers, liver enzymes, fasting blood glucose and insulin, lipids, triglycerides, full blood count, Iron studies (iron, ferritin, B12, folate) Thyroid, Vitamin D, Zinc, homocysteine,

NEXT APPOINTMENT

4 weeks