

# Treatment Plan

**DATE:**

22<sup>nd</sup> July 2025

**NAME**

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**DURATION**

4 weeks

**OBJECTIVE**

*Stress adaption, Nourish Adrenals, Hormone/endocrine balance, gut microbiota reset, liver and methylation support*

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		1 scoop							
Tresos B Plus Se Phase out					1				
Mood Support Phase out		2							
Zinc Picolinate		1 scoop							
L-Theanine		1				1			
Stress & Anxiety Phase out						2			

**DIET & LIFESTYLE**

Continue regular **quality protein and fats. Introduce more range of coloured veg.**

Watch refined and sugar intake

**Exercise 5/7 times a week**

**Daily Yoga/breathwork** (10-15 min You tube videos at home for stress and anxiety)

**Sunshine Daily** 10-20mins before 9am

**Positive affirmations**

**GP-** bloods to include electrolytes, kidney markers, Thyroid, liver enzymes, vitamin D, zinc, Full Iron studies (iron, ferritin, B12, folate) Full blood count

**Herbal 500ml-** Chaste tree 50, Paeonia 125, Schisandra 125, Licorice 80, Pomegranate 120

**NEXT APPOINTMENT**

Reassess in 4 weeks