



## TREATMENT PLAN

**CLIENT:** Kristie Donnelly

**DATE:** 11/11/24

**Practitioner:** Leigh Gibbs

### TREATMENT AIMS:

#### Initial Appt:

1. Improve mood, balance hormones
2. Support production of HCL
3. Improve bowel evacuation
4. Improve liver function

### Dietary /Lifestyle Requirements:

As discussed, I recommend the following dietary changes and inclusions.

- **COFFEE** - please enjoy AFTER breakfast. Coffee on an empty stomach decreases HCL production and raises stress hormones - leading to crashes later in the day. I recommend starting your day with lemon water. You can add ginger too. Yum. Followed by breakfast.
- **PROTEIN** - please enjoy a decent breakfast and include protein. 15 grams ideally. (FYI - Eggs are 6gm each) Protein balances blood sugar levels and our need for protein increase during menopause. I have included a good collagen product - please add a scoop to your smoothie. This also has 11gm of protein.
- **REFINED CARBOHYDRATES** - please steer clear of all refined carbs. White breads, croissants, hot chips, potatoes, cakes, muffins, sugar, dairy milk chocolate etc.. Excess carbohydrates in the diet raise triglycerides. We want to bring your markers down a little.
- **FATS** - try to include some healthy fat - ie avocado, olives/olive oil, tahini, LSA powder, in at least 1 of your daily meals. I have included a fish oil supplement to reduce inflammation and balance your HDL/LDL ratio. Reduce your consumption of cheese and saturated fat. Just whilst we try to balance your cholesterol levels.
- **ALCOHOL** - limit to no more than 4 glasses per week.



- **FIBRE** - wherever possible, please try to increase your intake of good quality fibre and dark leafy greens. Fibre feeds the good bacteria in our digestive system, binds to excess cholesterol and is anti inflammatory.
- **CALCIUM**: Increase sources of calcium - is a much needed mineral as we go through menopause. Good sources of calcium include: Bok choy, canned sardines & salmon with bones, sesame seeds, tahini, tofu, almonds, leafy greens. Aim for 4 serves per week minimum.
- Add some LSA to your smoothies. This is a good source of essential fatty acids and fibre to help move things along!

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## SUPPLEMENTS:

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- **Premular** - Vitex herb to support hormone balance & mood.  
DOSE: 1 tablet on rising. (Can cease during your period)
- **Whole Body Collagen** - to support bone, joint, & muscle health.  
DOSE: 1 scoop in food / smoothies daily.
- **OmegAval** - fish oil to reduce inflammation, support mood / nervous system and balance cholesterol levels.  
DOSE: 2 capsules per day. 1 morning and afternoon.
- **MagDuo Magnesium** - support muscle recovery, mood, overall health.  
DOSE: 2 capsules daily.
- **GIT/Liver Herbal Mix** - to increase stomach acid & digestive enzymes, encourage bowel movement and support detoxification and regenerate the liver. Contains the following herbs:
  - Globe Artichoke - cholesterol lowering, improves blood sugar, supports liver & gall bladder.*
  - Liquorice - supports menopausal symptoms, nourishes adrenals, reduces allergies*
  - Rosemary - supports liver detoxification, memory, protects cardiovascular system, antioxidant.*
  - Gentian - stimulates HCL production and digestive enzymes. Helps with constipation.*
  - ST Mary's Thistle - protects and repairs liver. Reduces excess iron.*
  - Baical Skullcap - Anti inflammatory, reduces allergies, supports cardio system.*
 DOSE: 2.5ml in a little water, 3 x day, 15 mins before meals.



**Supplement Schedule:**

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
GIT/Liver Herbal Mix	2.5ml	2.5ml	2.5ml	<b>X</b>		
Premular Vitex	1 tablet			On Rising		
Whole Body Collagen	1 scoop				X	
OmegAvail	1 cap		1 cap		X	
MagDuo Magnesium	1 tablet		1 tablet			X

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**Referrals and Testing:**

Please re visit your GP and have the same bloodwork panel done, 4 weeks after starting protocol. Ask for folate also please. And homocysteine.

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**Next Appointment: Friday December 6th.**

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