



## TREATMENT PLAN

**CLIENT:** Torah Christie

**DATE:** 6/12/24

**Practitioner:** Leigh Gibbs

Hi Torah,

Lovely to have you in clinic on Friday.

As discussed, the skin is our largest detox organ. It expresses what is happening internally. There are a number of pathologies related to eczema/dermatitis. These can be nutrient deficiencies, toxins and heavy metals, unbalanced gut microbiome and liver stress. There can also be an immune component.

It is widely known that the OCP depletes a number of nutrients, Zinc, Magnesium, B2, B6, B12, Selenium, Vitamin C. These are all vital nutrients for skin health. Along with Vit A & E. I have prescribed a multi vitamin with all the above nutrients.

Our aim is to get these nutrients through diet, but as our soils are depleted in nutrients, often food is lacking also. So taking a supplement will help the healing begin. Once your condition starts to normalise, we aim for 'food as medicine'.

Please understand that when we start to heal the body, the symptoms may become a little worse, whilst the body clears toxins and rebalances. I estimate around 3 months for healing.

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### TREATMENT AIMS:

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#### Initial Appt:

1. Increase nutrients - diet and supplementation
2. Reduce inflammation - diet and supplementation
3. Support microbiome - probiotics, diet
4. Improve sleep quality - supplements and diet.

#### Follow Up Appt:

1. Assess treatment and make changes as needed.
2. Assess blood work for deficiencies.
3. Start gentle liver detox and further gut work.



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## Dietary /Lifestyle Requirements:

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**On rising** - please purchase some Dandelion Root tea. Have a cup on rising. It is a beautiful liver and digestive herb that will help stimulate digestive enzymes and help cleanse your liver. (It is a little bitter to the taste, but that is what stimulates digestive enzymes) I like this brand. You can get from a health food store also.

<https://www.woolworths.com.au/shop/productdetails/1075479668/hilde-hemmes-herbal-s-dandelion-root-30-tea-bags?srsId=AfmBOoodDzQchBaEiDVYNdNNTytWeSJv3OUfjXfJfw4BKlxbtsIMBT5f>

**Water** - please lower intake to 2L per day and drink filtered. Too much water can waste minerals. I have suggested to your mum to get a counter top water filter at home also. Our tap water contains many micro-toxins & heavy metals that can disrupt processes in the body and cause inflammation. To assist with hydration, please add a squeeze of lemon to your water bottle.

**Breakfast** - if you like smoothies, please switch your breakfasts up to include some nutrient rich smoothies. Make sure they have protein, carbs and fats. You can add a good quality protein powder, cashew nuts, hemp seeds, nut butters, Macha powder, green powders, greek yoghurt etc for added nutrient boost. (Please don't use raw spinach or kale).

**Gluten** - is very inflammatory, can damage the gut lining and can be implicated in skin conditions. Try going gluten free for 1 month. There are some good options available now for breads and pastas. We'll reintroduce slowly later.

**Selenium** - is an important antioxidant that is required for skin and immune health. Please purchase some Brazil nuts (from Brazil preferably) and eat 2 per day only.

**Eggs** - please include at least 4-6 eggs per week for Vitamin A and selenium also.

**Vit A** - our diets are often lacking in Vitamin A. Very important for skin and immune health. Please include those orange veggies in your diet every day.

**Vit D** - make sure you are getting at least 20mins sun exposure between 9-11am per day. Without sunscreen. (Sunscreen on face of course)

**Vit E** - is an antioxidant and is required for healthy skin, hair and nails. Please eat at least a handful of nuts daily and include avocado in your meals daily.

**Vit C** - make sure you are consuming nice vitamin C rich foods every day. Easy to do in summer with all the beautiful fruit!

**Zinc** - another very important nutrient for skin, hormonal, immune and overall wellbeing. Zinc rich foods include meat, oysters, seafood, pumpkin seeds, lentils, tofu.

**GLOVES** - where possible, use gloves for dishwashing and hair washing, to ease irritation, whilst we do the inner work.

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## SUPPLEMENTS:

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- GenoMulti Active - support nutrient profile, skin, immune & nervous system health.

DOSE: 1 capsule in the morning with food.



- Schuessler Tissue Salts - to increase minerals

DOSE: Chew 1 tablet 4/day. Or 2, 2/day

- Magnesium - to support overall health and sleep quality.

DOSE: 2 tablets after dinner

- Biome Eczema Probiotic - to increase microbiota diversity. This particular strain has evidence supporting eczema.

DOSE: Chew 1 tablet after dinner

### Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Scheussler Tissue Salts	2	2				
Geno Multi Active	1 cap				✓	
MagDuo			2 tablets			✓
Probiotic			1 tablet			✓

### Referrals and Testing:

Please visit your GP and have the following bloods done before our next consultation.

Iron Panel, CBC, E/LFT, Lipids, Fasting Blood Glucose, Vit D, Thyroid, B12, CRP, Serum Copper & Zinc.

I also recommend we look at a Hair Mineral Test to check for toxins and heavy metals. I'll explain this next appoint.

**Next Appointment: Friday 3rd Jan ( I have pre-booked this on the system. We can change if needed)**

Thanks Torah. I look forward to supporting you on your healing journey.

Leigh :)

