



TREATMENT PLAN

CLIENT: Torah Christie

DATE: 3/1/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Follow Up Appt

1. Continue to support nutrient deficiencies.
2. Improve Liver & lymphatic function for skin health.
3. Stabilise and improve energy levels.

Dietary /Lifestyle Requirements:

Mid morning slumps can be due to dis-regulation in cortisol and/or blood sugar. Breakfast should always include a decent amount of protein and fats to keep blood sugar levels stable. And of course coffee at least half an hour AFTER breakfast

BREAKFAST: here are a few nutritious, easy ready-to-go breakfast options for you, with website links. You can add some protein powder if you wish, to these also. Cinnamon is a great add on too, to help with blood sugar levels.

Chia puddings

<https://downshiftology.com/recipes/how-to-make-chia-seed-pudding/>

<https://www.loveandlemons.com/chia-seed-pudding/>

Overnight Oats - there's also a pre-packaged brand at Woolworths now, called Kialla Overnight Oats.

<https://www.loveandlemons.com/overnight-oats-recipe/>

Zucchini Muffins/Fritters (made the night before)

<https://www.wellplated.com/zucchini-carrot-muffins/>

<https://thefitfoodiemommy.com/zucchini-carrot-fritters/>



I also love this instagram account. Mediterranean Diet Plan. For all meal inspiration.

https://www.instagram.com/reel/DEMCuwhSgYf/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

SUPPLEMENTS:

Continue with current supplements. If you run out please let me know and I can reorder for you.

- **Herbal Mix** - herbs are a powerful, natural medicine and contain plant chemical compounds that act on various organs and signalling molecules in the body.

Your mix has the following actions: anti-inflammatory, skin healing, lymphatic, blood cleansing, liver cleansing/detox/healing, bile production and release, Immune regulating, adrenal nourishing and energy boosting.

*DOSE: 5ml in a little water, 2/day; 15mins before breakfast and lunch, for 1 week.
Then increase to 3/day before meals.*

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Herbal Mix	5ml		5ml	✓		

Referrals and Testing:

Please visit your GP and ask for a general blood test to be done, most specifically Iron Panel and Thyroid, because of your fatigue/skin issue. But best to get everything checked out.

Here are the markers again to have checked.

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

Next Appointment: 31st Jan, 9:30am

