



Treatment Plan- Christopher Turnbull

24/01/2025

The following recommendations aim to address the main focus of our consultation which was to support the overall functionality of your body following the exposure to a harmful substance (which is yet to be determined). In particular, providing support to your nervous system, maintaining good gut health and supporting your elimination pathways.

Suggested Supplements:

MagCalm (by Orthoplex)- containing a highly absorbable magnesium which is good for supporting hundreds of chemical processes in the body including helping to reduce fatigue, promoting restful sleep, supporting a healthy stress response and healthy nerve function.

This formula also contains Passionflower, an herb which assists with sleep disturbances, excessive thinking and anxiety and Lemon Balm, which relaxes the nervous system and also assists with sleep disturbances and anxiety.

Dosage: 2 scoops in water, once per day (30-60mins before bed)

Herbal Tincture (which includes):

Ashwagandha (*Withania somnifera*)- a tonic for the nervous system which can decrease nervous tension, provide support to the nervous system during periods of nervous system exhaustion and alleviate anxiety. As an adaptogen it is useful in improving the body's ability to manage stress (either physical, emotional or environmental).

Oats (*Avena sativa*)- a supportive and nourishing nervine which helps to reduce anxiety, rebuild and restore the nervous system and is especially useful during periods of stress.

St Mary's Thistle (*Silybum marianum*)- an antioxidant and anti-inflammatory with an affinity for the liver which assists to protect liver cells and restore the integrity of liver tissue.

Reishi (*Ganoderma lucidum*)- an antioxidant, immune modulator and immune enhancer. It is also an adaptogen which improves the body's ability to manage stress (either physical, emotional or environmental).

Dosage: 5 mls 2x per day after food

Other Recommendations

- Ensure to continue getting adequate sleep. Maintaining a healthy bedtime routine can help which may include:
 - Having a regular sleep/awake time
 - Trying to get to bed by 10pm
 - Ensuring daily sunlight exposure of 30-60mins (esp. morning sun, in conjunction with sun smart practices)
 - Avoiding scheduling too many activities at night which may leave insufficient time to wind down
 - Stopping all activities that require concentration or cognitive behaviour at least 30mins before bedtime
- Limit caffeine consumption to assist in reducing anxiety
- Continue fish oil supplement and probiotics (although unsure current ones you are taking). Happy to recommend other options if required.
- Continue your healthy eating habits and maintain a wholefood approach to eating which includes avoiding processed and high sugar/salt foods. Include lots of vegetables, fruit (limit), good fats (e.g. olive oil, avocado, almonds), oily fish where possible (e.g. sardines, salmon) and wholegrains (limit). There is research to suggest that a Mediterranean-style diet has many health benefits which in essence includes foods such as those listed above and reduces grains and animal products.
- Continue adequate water intake (approx. 2L p/day). The amount you need is based on your size, environment and level of exertion so it is a guide only. Adequate water intake helps to maintain good brain function, eliminate toxins and aids digestion.
- Make an appointment with your referred psychologist which may be a useful avenue of support at this time.

Additional Recommendations

There are other supplements and herbs which may be beneficial for you. One which may be worth considering is N-acetyl cysteine (NAC) which is a supplement form of cysteine and a precursor to the antioxidant glutathione. NAC has many health benefits including replenishing antioxidants and nourishing your brain.

Follow-up Appointment

It would be great to get you back for a follow up consultation in around 2 weeks (if you're still around). Let me know if you're interested and when suits and I'll book you in (or you are welcome to book online)

At this time, I suggest we look at the following:

- Review suggested treatments above e.g. what appears to be helping and your observations
- Consider adding additional supplements, reviewing nervous system support and other ways to support gut health.