



TREATMENT PLAN

CLIENT: James Dawson

DATE: 10/3/25

Practitioner: Leigh Gibbs

Hi James,

As discussed, it is important to make some fundamental lifestyle and dietary changes, so that you give your body the best chance at healing. Realistically it will take approx 3-6months to get your health back on track. But you should start to notice a difference in energy and mood within a couple of weeks.

Please note that as we are working on your liver, you may have some minor detox symptoms. (We are going slowly) But if you support your body with nutritious food, exercise and hydration, they will be minimal. Your liver enzymes were all elevated on your last blood test in 2024, suggesting some possible liver damage. I have recommended to re-do to and re-assess for follow up appt.

Your products you have at home, aren't the best option for you, but you may of course still take the Vit C, CoQ10 and Fish oil. I don't recommend the MagEze nor the Mens Multi. Wrong formulas for your health status.

Please don't hesitate to reach out with any concerns or questions.

Leigh :)

TREATMENT AIMS:

Initial Appt:

1. Support digestion for optimal nutrient absorption.
2. Support liver health to improve detoxification, energy and overall wellbeing.
3. Increase energy levels, reduce anxiety and improve sleep quality

Follow Up Appt

4. Blood work
5. Address histamine levels
6. Further liver support and detoxification.



Dietary /Lifestyle Requirements:

Keep going with the Dandelion Root Tea on rising. This is healing for the liver and stimulates digestive secretions.

- 5 deep breaths before eating a meal. This switches your parasympathetic nervous system on, allowing healthy digestion to occur. And chew well!
- **PROTEIN:** is your friend! Eat a decent amount at each meal, with antioxidant rich veg. Breakfast and Lunch should be your largest meals.
- **DIET:** please include lots of brightly coloured fruit and vegetables daily, for antioxidant support.
- **VIT A:** is needed for immune function and tissue repair. Please make sure you are eating some Vit A rich foods weekly. Pumpkin, sweet potato, eggs, capsicum, mango. Soups as we come into winter are a great way to up this nutrient!
- **VIT C:** is a vital nutrient for cellular/immune health and adrenal health. Please consume vitamin C rich foods daily. Kiwi fruit is awesome and super high in C.
- **SMOKING:** please aim to cut down to 1/2 your consumption. Try box breathing as an option to help settle your nervous system. There are many videos on you tube demonstrating this. And maybe seek out hypnotherapy to assist with quitting.
- **ALCOHOL:** Your liver is the hardest working organ in the body. Please reduce consumption or consider having a few months abstinence, as we work on improving your health. As we start to heal your liver and nervous system, the desire for these substances should lessen.
- **EXERCISE:** please try to incorporate moderate exercise at least 3-4 x week. Not high intensive cardio, brisk walking/swimming and weight training is best. Increases endorphins, oxytocin and improves peripheral circulation and detoxification.

SUPPLEMENTS:

Please cease the Mens 50 multi. It is not a good formulation.

- **Blackmore's Fish Oil** - (your own product) will support inflammation, nervous system and cognitive function.

DOSE: 1 per day with food.

- **DIGESTIVE Enzyme** - to support digestive function and nutrient absorption.

DOSE: 1 just before meals, 3 x day.

- **MagTaur Xcell** - to support energy production, nervous system health and cognitive function.

DOSE: 1 scoop in 200ml water in morning. 1 x day only.

- **HERBAL N/S Tonic** - support mood, anxiety, and cognitive health.

DOSE: 5ml in a little water, morning and afternoon.

- **HERBAL LIVER Tonic** - heal and nourish liver, support detoxification.

DOSE: 1ml (20 drops) in a little water, morning & afternoon - can combine with N/S herbs



Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzyme	1 tablet	1 tablet	1 tablet	√		
MagTaur Xcell - in 200ml water	1 scoop				√	
Fish Oil	1 cap				√	
Herbal LIVER Tonic	1ml		1ml			√
Herbal N/S Tonic	5ml		5ml			√

Referrals and Testing:

Visit your GP to obtain updated bloodwork for our follow up appointment. Ask for the following: CBC, ELFT, Lipids, Iron, Fasting glucose, insulin, HbA1c, Homocysteine, CRP.

Next Appointment: April 4th, 2025

