

6.03.25

Treatment Plan for Hannah Deysel

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal 10mins before meals Endocrine regulation, /hormone balance, adrenal tonic/support DHEA, stress adaption, Digest support		8mls				8mls			
MagTaur Xcell magnesium and B's, methylation/Endocrine co factors,		1 scoop							
Hydrozyme Take 2 with meat Digest/Betaine HCl/mineral absorption		1-2		1-2		1-2			
Spatone Highly absorbable Colloidal form of iron			1 sachet						
Heme Synergy Every other day Higher dose Glycinated Iron							1		

Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner

Good clean eating including whole foods, Keep gluten and dairy minimal.

Red Meat 3 x weekly

Mindful eating, in a relaxed environment, chewing food to a liquid

Medical medium Heavy metal detox smoothie – daily for 4 weeks, then reduce to every other day.
GHEE Flush for 7 days – 1 tsp twice daily and increase by one tsp daily until reaching 7 tsp twice daily

Record all food and fluid intake, noting down symptoms at the times they occur

Blood work in 4 weeks *Ensure you are fasted (approx. 10-12 hours) rested and hydrated*

Full bloods to include liver enzymes, electrolytes, kidney markers, TSH, T3, T4, thyroid antibodies, blood glucose, triglycerides, lipids, full iron Studies and hematology (Iron, Transferrin, Trans saturation, TIBC, Ferritin, B12, folate, Hemoglobin, RCC, Hct, MCV, MCH, RDW, platelets, FBC) serum copper, plasma Zinc.
Full female hormone profile.

Herbal (Mediherb preferable)- Chaste Tree 30, Licorice 70, Rehmannia 90, Withania 80, Shatavari 140, Tribulus 80, Gentian 50

Next appointment: 4 – 5 weeks, post blood work results
Email through pathology results and diet record