



TREATMENT PLAN

CLIENT: Pauline McIlveen

DATE: 14/3/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Initial Appt - STEP 1

1. Support nervous system - supplements/herbs
2. Reduce blood glucose and improve insulin sensitivity - supplements/herbs
3. Improve digestion to reduce bloating and increase nutrient absorption - supplements/herbs
4. Reduce frequency of bowel motions - herbs/diet

Follow Up Appt - STEP 2

5. Assess treatment and adjust as necessary
6. Assess bloodwork
7. Reduce inflammation to support healthy muscular skeletal system
8. Continue to support healthy glucose levels.

Dietary /Lifestyle Requirements:

DAIRY: Dairy is often a culprit in loose bowel motions. You don't need to remove. Just perhaps try to swap to a lactose free milk. This might help with the loose stools.

WHEAT/GLUTEN FREE: I'd like you to try going wheat/gluten free for 1 month, if possible! Gluten is extremely inflammatory, especially in digestive/muscular-skeletal disorders. (And can also contribute to thyroid disorders) There are some good gluten free foods/breads and pastas available now. Rice is fine, but brown only, for glucose regulation.

PROTEIN: please make sure your meals include 1/2 to a full fistful of protein and some healthy fats. This will help stabilise your blood sugar - especially at breakfast. If you are going to have a treat (cake), have some nuts or small amount of protein with it.

BREAKFAST: Please consume your coffee after breakfast. Coffee on an empty stomach raises cortisol and adrenaline, leading to energy crashes throughout the day. Coffee and tea also contain tannins which block absorption of nutrients. Please enjoy about half an hour after eating.



BREATHING: 5 Deep breaths before meals. This helps to switch your parasympathetic nervous system on ready for digestion.

VITAMIN C: is important for immune function. Please consume vitamin C rich foods daily. Kiwi fruit is a great option! Very high C content.

WATER: Please increase your water intake. For every cup of coffee or tea, you should replace with 1 cup of water, as caffeine is a diuretic, therefore dehydrating. Our bodies are 70% water. Please aim to drink at least 6 cups of water per day minimum. More if you are exercising. Lack of water intake can contribute to high blood pressure.

RASPBERRY LEAF TEA: please purchase from any health food store. This can help with your diarrhoea. Please enjoy 1 or 2 cups per day, anytime.

SUPPLEMENTS:

If you can, please cease the Nexium. The digestive enzymes and herbal medicine prescribed below, will help to reduce reflux and support healthy digestion.

Please cease the Folic Acid. As mentioned, it is not a bioavailable form of B9. The body has a difficult time converting folic acid. Below is a more absorbable form.

- **DIGESTIVE ENZYMES:**

DOSE: 1 capsule just before each main meal.

- **BIOMEDICA MAGDUO MAGNESIUM:** to support healthy stress response, energy, sleep and vitality.

DOSE: 1 scoop in 200ml water any time of day.

- **FOLINIC ACID:** to replace folate deficiency.

DOSE: 1 capsule every 2nd day, with food.

- **HYDROXY B12 DROPS:** B12 is crucial for healthy mood, energy, nervous system, blood health, DNA repair and digestive health.

DOSE: 2 drops onto the tongue, 1x day.

- **BC-28 MINERAL TISSUE SALTS:** a very gentle mineral supplement to support fluid balance and stress.

DOSE: 4 pills dissolved on tongue 3 x day.

- **FLORAMYCES PROBIOTIC:** will help repopulate the microflora in your gut and this particular strain should help ease the diarrhoea.

DOSE: 1 capsule daily

- **HERBAL MEDICINE:** your unique formulation will support your nervous system, stress levels, help to lower glucose and assist with digestive discomfort.

DOSE: 20 drops or 1ml, in a little water, 2 x day.

Please take at least 2 hours away from medication



Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzymes	1 capsule	1 capsule	1 capsule		√	
Herbal Medicine	20 drops		20 drops			√
B12 Drops	2 drops					√
BC-28 Mineral Salts	4	4	4	Any time is fine		
Folinic Acid	1 capsule	Every 2nd day			√	
MagDuo Magnesium			1 scoop	Any time in the afternoon		
FloraMyces Probiotic	1 capsule			Any time is fine		

Referrals and Testing:

Please revisit your GP and ask to have your bloods retaken, and request the following extra;

Vit D

Thyroid auto-antibodies.

Full Iron panel.

Next Appointment: Thursday April 10th, @10am. You are welcome to change as needed.

