

Treatment Plan

**DATE:**

9th April 2025

NAME

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DURATION

3 weeks

OBJECTIVE

Stress adaption, Hormone balance, Gut dysbiosis, Calm the mind, Improve sleep, fluid balance

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal	7.5mls					7.5mls			
S.Bifido Biotic	1					1			
Liver caps	2					2			
Mag + Ashwaganda									1

DIET & LIFESTYLE

Low FODmap Diet

Avoid gluten, yeast, yeast, extract, MSG (620, 622) flavour enhancer, dairy

Avoid all refined carbohydrates and sugars

Change brands of protein powder and hydration powder.

NEXT APPOINTMENT

Reassess in 3 weeks

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