

NADA Wellness

Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

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FOLLOW UP TREATMENT PLAN

CLIENT: Pauline McIlveen

DATE: 10/4/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Make supplement adjustments and monitor.
2. Stabilise blood sugar.
3. Support energy production.

Dietary /Lifestyle Requirements:

- Please increase water intake to 6 glasses of water a day. Diarrhoea can make you dehydrated.
- Fibre - make sure you are getting enough complex fibre (vegetables/wholegrains) to help bulk up your stools.
- Here is a website for some Mediterranean meal ideas. This style of eating is great for regulating blood sugar levels. Just take it easy with the fats.

<https://www.themediterraneandish.com/recipes/>

SUPPLEMENTS:

- Start the BC-28 tissue salts again. Chew 4 pills morning and evening.
- Continue with the 20 drops of herbs daily.
- Start taking the probiotic in the evening before bed.
- **Monday 14th April**, empty 1/3 capsule (roughly) of the Folinic Acid into some watered down juice. Close capsule and put aside for the next dose. Take every 2nd day M/W/F. Monitor mood/symptoms. And contact me if any changes.

If well tolerated, start the B12 the following week:

- **Monday 21st April**, start on the B12 drops. 1 drop on tongue in every morning.



- Magnesium - you can drop down to 1/2 dose, or divide it during the day, if it is causing more loose stools.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BC-28 Mineral Salts	4	4		Any time of day is fine.		
Herbs	20 drops		20drops			✓
Magnesium	1 scoop			Any time of day is fine.		
Probiotic			1 cap			
Folinic Acid	1/3 cap				✓	
* NEXT WEEK* B12 drops	1 drop					✓

Referrals and Testing:

N/A

Next Appointment: SATURDAY 26th April, 10am (you are welcome to change as needed)

