



TREATMENT PLAN

CLIENT: Kristie Donnelly

DATE: 3/4/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Balance cholesterol
2. Support insulin sensitivity.
3. Reduce hot flashes.

Dietary /Lifestyle Requirements:

Your triglyceride to cholesterol ratio was high. This can be an indicator for cardiovascular risk. And metabolic disturbances.

Please reduce the amount of saturated fat in your diet and increase healthy oils.

Eat lean meat and plenty of protein. Plant protein is great also. Tofu, lentils, beans.

Increase phytoestrogen foods - tofu, linseed, almonds, sunflower seeds, sesame seeds, pumpkin seeds to help with hormonal symptoms.

Reduce intake of simple carbohydrates and sugars. (Wine!;) Make sure your meals are balanced with plenty of protein and vegetables/fibre.

Cease the coconut water. This is quite high in sugar.

Sage tea at night can also help with the hot flashes.

SUPPLEMENTS:

Cease the life extension product. Best to give you body a break from supplements.

- OmegAval - reduce inflammation, support cardiovascular system & healthy cholesterol levels.

DOSE: 2 capsules daily.

- LipoTropex - to support liver and lipid metabolism



DOSE: 2 level scoops in 200ml water 1 x day.

- BicoZn - immune & hormonal support.

DOSE: 1 capsule daily with food.

- Herbal Mix - reduce hot flashes, support healthy cholesterol levels, blood sugar, liver, digestion & nervous system.

DOSE: 5ml in water, 3 x day.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
OmegAval	1 cap		1 cap			
BicoZinc	1 cap				√	
LipoTropex	2 scoop - Any time of day is fine					
Herbal Mix	5ml	5ml	5ml			

Referrals and Testing:

GP for Coronary Calcium Score referral. Just worth checking. I know its a lot of radiation, but we can support the detox also.

Just as an aside also, next time you get bloods done, id like to see your Homocysteine levels.

Next Appointment: Friday 2/5/25. Let me know what time works for you, or we can change date.

