

Treatment Plan

DATE:
15h April 2025

NAME
Simone Raven

DURATION
4 weeks

OBJECTIVE

Stress adaptation, Reduce inflammation, Cholesterol, Improve lipid ratios, Alkalise, Bone density support

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
Alkamin Calm		1 scoop							
BIO D + K2		1							
Resist X Advanced			1				1		
Arthrex	1 scoop								
Joint Intensive Care		2				2			
Clinical Lipids			2				2		
Neurocalm Sleep									2
Herbal (cold sores)	4mls 1-4 x daily as needed								

DIET & LIFESTYLE

Alkaline Diet 80/20 Rule. Gluten and dairy-free

Detox smoothie add 2 tsp super grass/greens powder (recipe as given)

Avoid all trans/hydrogenated fats i.e margarine hydrogenated seed oils processed foods

Increase calcium/mineral-rich foods - dark green leafy, nuts (almonds) seeds (sesame/tahini), fresh and canned salmon with bones, sardines amaranth, tofu, feta, yoghurt, whey protein, legumes

Other foods to include daily- fresh lemon, lime or apple cider vinegar, Brazil nuts, dark green leafy veg, garlic, ginger, turmeric, organic frozen berries, green tea, min 85% dark chocolate or cocoa/cacao.

Drink 2-3 litres of quality purified *alkaline water daily (Mostly away from meals)

***Weight-bearing exercise. Gentle Yoga/stretching, Sunshine daily. Lox Tox living**

Hair tonic – 40 drops of rosemary ess. oil in 100mls castor oil – rub into scalp 3 x week, leave over-night.

NEXT APPOINTMENT

Reassess in 4 weeks, pending blood work results