



TREATMENT PLAN

CLIENT: Mark Hodge

DATE: 28/4/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Initial Appt:

1. Support nervous system to reduce stress and fatigue.
2. Reduce inflammation
3. Increase energy production
4. Improve mood.

Follow Up Appt

5. Assess bloodwork & progress

Dietary /Lifestyle Requirements:

- On rising, please swap your coffee for dandelion root tea. This will stimulate gastric secretions and support liver function, to start your day. Caffeine on an empty stomach, spikes stress hormones and sets you up for energy crashes later in the day. Coffee is also a diuretic and dehydrating, depleting your body of vital minerals.
- BREAKFAST - please consume about 15mins after Dandelion Tea. Breakfast kick starts our metabolism, helps regulate blood sugar and hormones. Please try to enjoy a variety. Suggestions;
 - Overnight oats with yoghurt, berries/ goji / cranberries and some nuts and seeds.
 - Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice.
 - Smoothies with fruit, yoghurt, a collagen/protein powder, LSA (linseed, sunflower, almond meal - provides essential fatty acids for nervous system, cardiovascular and brain health) + a non-dairy milk of your choice or coconut water. Sweeten with honey or maple syrup if needed.
 - Eggs - any way you like to cook them, perhaps with a side of avocado, rocket/spinach w olive oil, sautéed tomatoes, asparagus, mushrooms? Add herbs, salt & pepper.
 - Sourdough with avocado, sardines, sprouts, squeeze of lemon/lime juice salt and pepper.



- **COFFEE** - Please enjoy your coffee at least half an hour AFTER breakfast.
- **NUTRITION:** Generally, please increase your intake of anti-inflammatory foods - ie brightly coloured fruits and vegetables. This will help increase fibre in your diet, bulk up your stools and "clean" your intestines. Fibre feeds the good bacteria in our digestive system, binds to excess cholesterol/toxins and is anti inflammatory. **EAT THE RAINBOW :)**
- **LUNCH** - please try to switch up Subway if possible. Their breads are loaded with sugar. A healthy takeaway option could be Poke Bowls, Vietnamese rice paper spring rolls, fresh protein/salad wraps.
- **IRON** - is important for mood, nervous system, cardiovascular system and overall health. Please aim to consume at least 2-3 servings of LEAN red meat per week. Eat with greens and Vit C rich veg foods to aid absorption.
- **WATER** - aim for at least 2L, or 8 glasses per day. Filtered preferably.
- **ALCOHOL** - to start with, please try to reduce intake by half. Alcohol robs the body of B vitamins and minerals and is a diuretic = dehydrating. It is also a liver toxin.

SUPPLEMENTS:

- Dandelion Root Tea - liver and digestive support.
DOSE: every morning on rising
- MagTaur Xcell - support energy production, mood, nervous system, hormone health.
DOSE: 1 scoop in 200ml of water, after breakfast. (But at least 1/2hr away from coffee!)
- Saffron + Zinc - support mood, anxiety and stress levels.
DOSE: 2 capsules daily with food.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Dandelion Tea	1 tsp			✓		
MagTaur	1 scoop					✓
Saffron + Zinc	2 caps				✓	

** please note - any supplements must be taken at least 6hrs away from your Biktarvy**

Referrals and Testing:

Please ask your GP for a full health assessment checkup - that includes fitness/cardio check and coronary calcium score.

Next Appointment: Monday 19th May, 6pm

