



TREATMENT PLAN

CLIENT: Dawn Kirkby

DATE: 15/5/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Initial Appt:

1. Stabilise histamine response to reduce the frequency of headaches and congestion.
2. Reduce upper respiratory inflammation

Follow Up Appts

3. Assess progress and adjust as needed.
4. Begin to support gut health to reduce gastric pain and inflammation

Dietary /Lifestyle Requirements:

When you experience the reflux (or regurgitation of food) please note down what you have just eaten. There may be a pattern of foods that is triggering this symptom.

- DAIRY - although a good source of calcium (and delicious!) please keep in mind that it can cause mucous and might be contributing to the upper respiratory congestion. (We'll assess next appt)
- COFFEE - Please enjoy your coffee AFTER breakfast if possible. Coffee can reduce stomach acid and absorption of nutrients, which we need for a healthy immune system. Please take your supplements at least 1/2 an hour away from coffee. (Otherwise nutrients won't be absorbed)
- BREAKFAST - If you can manage, please try to change up your breakfast every couple of days, so you are having a variety of nutrients. Options could be:
 - Oats/porridge with yoghurt, fresh berries/banana / stewed or grated apple
 - Eggs - any way you like to cook them, with a side of avocado, tomatoes, mushrooms.
 - Smoothie with bananas, frozen berries, mango, yoghurt, some almond meal (ground almonds) or LSA (ground linseed/sunflower/almonds), for added healthy fats and calcium.
 - Toast with avocado, sardines, squeeze of lime juice salt and pepper.
- STEWED APPLE - nutritious, healing and a good source of quercetin to help with the allergic response.



- **CALCIUM** - try to increase your calcium rich foods. Tahini is great! So is bok choy, sardines, broccoli, tofu and dairy. Nuts also - you could perhaps buy ground almond meal and add to food.
- **TURMERIC** - is a powerful anti inflammatory. If you like this spice, you may sprinkle some in your cooking for added benefit.
- **HERBAL TEA** - if you enjoy herbal tea, please include some lemon/ginger/turmeric tea or peppermint, fennel or chamomile, to help with headaches.
- **VITAMIN D** - is very important for our immune function. Please try to spend at least 20mins out in the sunshine daily. (However, not easy with all this rain! ;)
- **ALCOHOL** - please try to limit to a **maximum of 5 drinks weekly**. Alcohol is very inflammatory and suppresses immune function. If you can manage, it would be good to cease alcohol for a couple of weeks, to give your body a chance to heal. But just do your best :)

SUPPLEMENTS

- **HERBAL MIX** - anti inflammatory, anti-viral, reduce mucous, support immune function & nervous system.

DOSE: 2.5ml, 2 x day **take 2 hours away from medication**

- **BC-28 Tissue Salts** - to support cellular health

DOSE: dissolve 4 pills in mouth, 3 x day.

- **ZINC SUSTAIN** - your product - take 1 tablet in the morning with food, every 2nd day.
- **TRESOS B** - your product - take 1 capsule in the morning with food, on alternate days to the zinc.
- **MAGNESIUM** - your product - take as needed for body aches and pains. (Can also help with headaches)
- **ELDERBERRY SYRUP** - anti-bacterial, anti-viral, anti inflammatory, anti-oxidant.

DOSE: enjoy 10-20ml, 1 or 2 x daily.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Herbal *2hrs away from meds*	2.5ml		2.5ml			√
BC-28 Tissue Salts	4 pills	4 pills	4 pills	Any time is fine		
Zinc - every 2nd day	1 tablet				√	
Tresos B - every 2nd day	1 tablet				√	

REST DAY ON SUNDAY - NO SUPPLEMENTS, ONLY HERBS & TISSUE SALTS

Next Appointment: Thursday 29th May, 2025

