

Treatment Plan

**DATE:**

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NAME

Alexander Danilov

Nicole Chester

Naturopath & Herbalist

Member: NHAA 156909

nicole@herbbar.com.au

0431 967 598

DURATION

5 weeks

OBJECTIVE

Immune modulation, nephron repair/protection, microcirculation and methylation support, reduce blood glucose and inflammation, improve detoxification, stress adaption and microbiota balance

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
NAC		1 gm				1 gm			
Bio-enhanced Methyl B		1							
Magnesium + Ashwagandha		1				1			
Neuroregenex		1				1			

DIET & LIFESTYLE

Kidney-Friendly Diet (Alkaline) Consider going grain-free

Eat more- dark green leafy veg, lemon/lime juice, apple cider vinegar

Eat less- refined white flour carbohydrates, sugars, alcohol, coffee

Reduce Blood glucose *Eat smaller more frequent meals and snacks always including protein and good fats *Eat meals in this order 1// low starch veg/salad 2/. Protein 3/. fats 4/. carbohydrates/starches

*Exercise 5/7 times a week *Swap breads/pastas/rice for more low-starch veg and protein *Avoid all carbs and sugars on empty stomach (no naked carbs) *Avoid all hydrogenated/trans fats ie margarine, heated seed oils processed foods *Opt for lower sugar fruits like berries *

Drink 2-3 litres of purified, alkaline water daily (sip mostly away from meals)

Sunshine ☀️ daily

Low-tox living

NEXT APPOINTMENT

5 weeks