



## TREATMENT PLAN

**CLIENT:** Mark Hodge

**DATE:** 19/5/25

**Practitioner:** Leigh Gibbs

### TREATMENT AIMS:

1. Continue to support energy levels
2. Nourish adrenals and nervous system.
3. Improve digestion.

### Next Appt

3. Assess progress.
4. Bloodwork

### Dietary /Lifestyle Requirements:

**FIBRE** - continue to increase healthy fibre - fruits and vegetables. Will help bulk stools and balance cholesterol and blood sugar.

**HEALTHY FATS** - please increase Omega 3 to balance your cholesterol - fish, seafood (not fried lol) sardines, olive oil, avocados, nuts and seeds. Will help with mood, energy, support healthy joints and reduce inflammation.

**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:

- Smoothies with fruit, yoghurt, a collagen/protein powder, cinnamon, LSA (provides essential fatty acids for nervous system, cardiovascular and brain health) + coconut water.
- 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.
- 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.



**VITAMIN D** - please spend 20mins outside in the morning sun around 10-11am. No sunscreen on legs or arms. This will give you a nice dose of Vit D.

**WATER** - please aim for at least 8 glasses per day. Coconut water is great too and full of minerals! (Try to find a lower sugar option)

**IRON RICH FOODS** - Great work on increasing iron rich foods. Aim for at least 3 serves a week. Eat with green or leafy vegetables to increase absorption.

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## SUPPLEMENTS:

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**Digestive Enzyme** - to assist with absorption of nutrients, to increase cellular energy.

DOSE: - 1 capsule at the beginning of every meal. (Breakfast and dinner is fine)

**MagTaur** - continue, but every 2nd day. Take after breakfast

**Saffron/Zinc** - continue as prescribed. Any time of day is fine.

**Herbal Medicine** - to nourish adrenals, support stress response, reduce nervous tension, support cardiovascular health and support liver.

DOSE: 2.5ml in a little water, morning and afternoon \*\* 1st dose anytime in morning & 2nd dose when you get home from work and at least 3 hours away from your medication\*\*

## Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzyme	1 cap		1cap		✓	
MagTaur	1 scoop - Every 2nd day in a.m					✓
Saffron/Zinc		2 caps			✓	
Herbal Medicine. **	2.5ml		2.5ml	With or without food is fine		

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## Referrals and Testing:

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Bloodwork to be redone, after next appointment, to check iron, liver, Vit and inflammation.

Book Full health check and ask for referral for Coronary Calcium Score.

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**Next Appointment:** Saturday 7th June TBC

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