

Treatment Plan

DATE:

2nd June 2025

NAME

Jennifer Segail

DURATION

3 weeks

OBJECTIVE

Stress adaption, Immune (low-grade viral activation) Lungs, Vitality.

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal	7.5mls				7.5mls				7.5mls
Poly C Powder	¾ tsp				¾ tsp				¾ tsp
NAC	1 level scoop								1 level scoop
Ubiquinol 150mg	1								
BIO D + K2	1								
Meta Relax	1 scoop								
Mega Zinc 40mg			1						
Artemisia Annua Take for 10 days only	1				1				
Vitamin A 10,000iu	5 caps	Take these at the same time each day, for 10 days only then stop							
Krill Oil	1								

DIET & LIFESTYLE

Good clean eating, chicken broth/veg soups

Avoid all Gluten, eggs, dairy, corn and soy

Eat in the following order - low starch veg/salad, then protein, then good fats. Carbs/starches last

Yoga/pilates/stretching at home (YouTube videos)

Baths with Epsom salts/essential oils

Sunshine as often as possible

Be kind with yourself ❤️

NEXT APPOINTMENT

Reassess in 3 weeks