

# Treatment Plan

**DATE:**

20<sup>th</sup> May 2025

**NAME**

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**DURATION**

5-6 weeks

**OBJECTIVE**

*Stress adaption, calm the mind, adrenals, liver/bile, methylation and glutathione support, increase zinc, folate*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
MagTaur Xcell	1 scoop								
NAC	1 scoop								
Livton		1				1			
Withania Complex			2				2		
S. Bifido Biotic		1				1			
Clinical lipids			1				1		
Zinc Citrate							1		

**DIET & LIFESTYLE**

Mediterranean Diet, Good clean eating.

Reduce refined carbohydrates and sugar

Eat 4-5 smaller, more frequent meals. Include protein and good fats with every meal and snack

Increase folate veg- dark green leafy veg like Asian greens, silver beet, kale, broccoli, spinach

**NEXT APPOINTMENT**

Reassess in 5-6 weeks