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TREATMENT PLAN FOR : Kuno Treial Date: 26/6/25

Health Goals	<p>1. Resolve fungal skin infection on face and abdomen by using oil of oregano, tea tree and clove in a mixture to a carrier oil (coconut).</p> <p>2. Strengthen skin barrier function by utilising zinc, vitamin A, D, gotu kola (herb)</p> <p>3. Support immune system and detoxification function by utilising herbal medicine (echinacea, poke root)</p> <p><u>Long term goals:</u></p> <p>1. Optimise nutritional status to support liver detoxification ability, and therefore skin health by increasing protein to approximately 100g-130g per day.</p>
Diet	<ul style="list-style-type: none">- Increase protein intake. Aim for 1.7-2g of protein per kg of body weight (approximately 110-120g daily) Consider hemp protein shakes 1x daily – quick way to add 30g protein Eating eggs daily (~6-7g per egg) Keep enjoying lentils, tofu, quinoa, protein bread (2 slices = 30g).- Fresh Produce - Increase intake of fresh fruits and vegetables for fibre and antioxidants Try to incorporate an apple or other fruit as a convenient snack Consider celery (either juiced or eaten whole) which can help with skin inflammation Fibre from fruits and vegetables supports gut health and detoxification

	<ul style="list-style-type: none"> - Timing Considerations - Have coffee between meals rather than with meals to avoid nutrient binding -
Lifestyle	<ul style="list-style-type: none"> -
Barriers	<ul style="list-style-type: none"> - No official diagnosis of skin condition.
Referral/Investigations	<ul style="list-style-type: none"> - See GP if required for dermatologist referral and identification of skin condition(s). From there if required I can research the best targeted treatment options.
Prescription	<ul style="list-style-type: none"> - - Topical Treatment: Apply tea tree, oregano, and clove essential oils mixed in coconut oil to affected areas 2-3 times daily for 2-4 weeks. Use approximately 1 drops of each oil to 15 drops of carrier oil/approx 1:4 ratio. You should see improvement after 1-2 weeks. - Internal Support: - Take prescribed Vitamin A and D supplement (Adalase) - Take prescribed zinc supplement (Orthoplex Zinc Citrate) - Take herbal mixture (7.5ml twice daily) for antifungal, blood/lymphatic cleansing, and immune support - Optional: Continue using Nizoral 2% shampoo at night if comfortable - Optional: I added a probiotic to your prescription. <p>HERBAL INFO:</p> <p>Thyme (Thymus vulgaris) Primary Actions: Antimicrobial, antifungal, immune-supporting</p> <ul style="list-style-type: none"> • Contains thymol and carvacrol, compounds with demonstrated antifungal properties • May help inhibit fungal growth systemically when taken internally • Supports respiratory and digestive health, which can be compromised during systemic fungal issues • Acts as a natural antiseptic that may help reduce overall microbial load in the body • Traditionally used to support the body's natural defences against infections <p>Echinacea (Echinacea species) Primary Actions: Immune system modulator, anti-inflammatory</p> <ul style="list-style-type: none"> • Supports healthy immune system function, helping your body better respond to fungal challenges

	<ul style="list-style-type: none"> • May enhance white blood cell activity, which is crucial for fighting fungal infections • Contains compounds that may help reduce inflammation associated with skin infections • Supports lymphatic system function, helping the body clear toxins and pathogens • May help prevent secondary bacterial infections that can complicate fungal skin issues <p>Poke Root (<i>Phytolacca americana</i>) Primary Actions: Lymphatic cleanser, immune system stimulant</p> <ul style="list-style-type: none"> • Traditionally used to support lymphatic drainage and circulation • May help the body eliminate toxins and metabolic waste that can accumulate during infections • Supports the movement of immune cells throughout the body <p>Berberis vulgaris (Barberry) Primary Actions: Antimicrobial, liver support, digestive health</p> <ul style="list-style-type: none"> • Contains berberine, a compound with strong antifungal and antimicrobial properties • May help inhibit Candida and other fungal species when taken systemically • Supports healthy liver function, important for processing toxins produced by fungal die-off • Promotes healthy digestion and may help restore proper gut flora balance • Traditionally used to support the body's natural cleansing processes • May help regulate blood sugar, which can be important since fungi thrive on excess glucose <p>Gotu Kola (<i>Centella asiatica</i>) Primary Actions: Skin healing, circulation enhancement, anti-inflammatory</p> <ul style="list-style-type: none"> • Promotes collagen synthesis and wound healing, helping repair skin damage from fungal infections • Contains triterpenoid compounds (asiaticoside, madecassoside) that support skin regeneration • Enhances circulation and microcirculation, improving nutrient delivery to affected skin areas • Provides anti-inflammatory effects that may help reduce redness, swelling, and irritation • Supports connective tissue integrity, helping restore skin barrier function • May help reduce scarring and promote healthy skin renewal after infection clears • Traditionally used as a "blood cleanser" to support overall skin health from within
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Recipes:	-
Other	<ul style="list-style-type: none"> - Monitor progress over 4-6 weeks - Contact me via email if improvement is seen, or if more herbs are required - If no improvement in 4-6 weeks, seek dermatologist referral for definitive diagnosis - Consider heavy metal hair test in 3 months <p>Long-term Considerations</p> <ul style="list-style-type: none"> - Maintain consistent supplement routine - Focus on nutritional optimisation for skin health
High protein meal plan example:	<p>Hemp Protein Shake - 30g protein</p> <ul style="list-style-type: none"> • 1 scoop hemp protein powder in plant milk or water • Can add fruits, spinach, or nut butter for extra nutrients <p>Eggs - 24g protein</p> <ul style="list-style-type: none"> • 4 large eggs (6g protein each) • Scrambled, boiled, or in an omelette with vegetables <p>Protein Bread - 30g protein</p> <ul style="list-style-type: none"> • 2 slices of high-protein bread • Use for toast, sandwiches, or French toast <p>Remaining 26g from other sources:</p> <p>Lentils & Legumes (8-10g)</p> <ul style="list-style-type: none"> • 1/2 cup cooked lentils (9g protein) • OR 1/2 cup chickpeas (7g protein) • OR 1/4 cup hummus (4g protein) + some beans <p>Tofu/Tempeh (8-10g)</p> <ul style="list-style-type: none"> • 3 oz firm tofu (9g protein) • OR 2 oz tempeh (11g protein) <p>Quinoa & Grains (4-6g)</p> <ul style="list-style-type: none"> • 1 cup cooked quinoa (8g protein) • OR 1 cup oats (6g protein) <p>Nuts/Seeds (2-4g)</p> <ul style="list-style-type: none"> • 2 tbsp almond butter (8g protein) • OR 1 oz almonds (6g protein) • OR 2 tbsp chia seeds (4g protein) <p>Sample Daily Meal Plan</p> <p>Breakfast - 40g protein</p> <ul style="list-style-type: none"> • Hemp protein smoothie (30g) • 2 slices protein bread with almond butter (30g + 8g = 38g, but counting 10g for this meal) <p>Lunch - 35g protein</p> <ul style="list-style-type: none"> • Scrambled eggs (4 eggs = 24g) • 1/2 cup lentils (9g) • Mixed vegetables (2g) <p>Dinner - 25g protein</p> <ul style="list-style-type: none"> • Tofu stir-fry with 4 oz firm tofu (12g)

	<ul style="list-style-type: none"> • 1 cup cooked quinoa (8g) • Mixed vegetables and tahini sauce (5g) Snacks - 10g protein <ul style="list-style-type: none"> • Handful of nuts or seeds • OR protein-rich plant milk in tea/coffee

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.