



TREATMENT PLAN

CLIENT: Anika Donnelly

DATE: 24/6/25

Practitioner: Leigh Gibbs

SIBO Roadmap:

Continue SIBO Bi-Phasic Diet Stage 1, until you return from Holidays.

If symptoms have stabilised, you may start introducing semi restricted foods. The idea is the bacteria builds up a little, so the antimicrobial herbs are more effective.

STAGE 2: 9th JULY - WEED PHASE 4-6weeks on Antimicrobial Herbs. Stage 2 Food Plan.

- Introduce antimicrobial herbs - MicroClear.
- Support die-off & detoxification - Charcoal / Prokinetic MMC herbs.

Die off symptoms you may experience: flu type symptoms, headache, body aches, sore throat. If symptoms are bad, inform me, stop antimicrobial herbs for a few days and we'll lower dose. And start again.

- Continue with Glutagenics.
- Continue with Digestive Enzymes.
- Magnesium Sulfate baths / foot baths can be useful to help detox. Start with 1/4 cup of Epsom Salts (just plain) into a bucket of water and immerse feet for 20mins. Or use in a bath.

SUPPLEMENTS PROTOCOL:

For now, continue as you have been for STAGE 1.

As soon as we start STAGE 2, begin the following ONLY:

Glutagenics + PHGG: take together, with breakfast.

Digestive Enzymes: 1 cap, 10mins before each meal

MicroClear: 1 capsule, 3 x day, straight after meals, for 1 week.

If well tolerated, 2nd week, increase to 2 caps, 3 x day straight after meals.



Charcoal: Binds toxins - 2 caps, 2x day, afternoon (maybe after school), and again after dinner

MMC Herbs: 5ml in a little water before bed.

WATER: 2 litres a day to help flush everything out. Very important.

Magnesium Sulfate baths - to help with detoxification. 1/4 cup in a bath or foot bath. Soak for 20mins.

Please note. It is normal for your stool to change again as we start the antimicrobial herbs. It should settle back down after a week or so.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Glutagenics + PHGG	2 scoops				√	
Digestive Enzymes	1 cap	1 cap	1 cap	√		
MicroClear	1 cap	1 cap	1 cap			√
Charcoal Caps		2 caps	2 caps	Take 1hr away from meals		
Prokinetic MMC Herbs			5ml	Before bed		

Next Appointment: 2 weeks after starting Phase 2. Tuesday 24th July, 7pm

