

# NADA Wellness

Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

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## TREATMENT PLAN

**CLIENT:** Hallie Cochran

**DATE:** 3/7/25

**Practitioner:** Leigh Gibbs

### TREATMENT AIMS:

1. Continue supporting hormones/cycle
2. Start to balance microbiome
3. Reduce fungal overgrowth.

### Dietary /Lifestyle Requirements:

- Candida and other opportunistic yeast thrive on sugar. Please try to limit intake of simple sugars, high GI fruits, alcohol and refined carbohydrates (white rice, white bread, pastries, cakes) Berrys, apples, kiwi, citrus and pears are ok in moderation.
- Try to reduce intake of cheese, fermented foods, mushrooms and peanuts. This are fungus producing foods.
- Keep up with the fibre intake/leafy greens, & healthy fats.
- Cease the creatine mid cycle onwards.

### SUPPLEMENTS:

Continue with:

Saffron & zinc + hormone herbs. You may increase herbs to 5ml 2xday. Magnesium when needed.

From around ovulation, if you are experiencing anxiety or elevated stress, take B supplement every 2nd or 3rd day and dose magnesium.

NEW:

**TherBiotic Femme Flora Probiotic** - balance vaginal microflora

DOSE: 1 cap before bed.



**Hab Shifa Black Seed Oil** - Anti-fungal support to reduce overgrowth.

DOSE: 1 cap morning and night

**Anti-Fungal Herbs** - reduce and weed out fungal overgrowth.

DOSE: 2.5ml 2 x day. After food.

**Supplement Schedule:**

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Hormone Herbs	5ml		5ml	√		
Saffron & Zinc	2caps				√	
Hab Shifa Black Seed Oil	1 cap		1 cap		√	
Antifungal Herbs	2.5ml		2.5ml			√
Femme flora Probiotic			1 cap	Before bed.		
Activated Bs - every 2nd day	1 cap			From ovulation onwards		

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**Referrals and Testing:** N/A

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**Next Appointment:** Thursday 31st August.

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