

Treatment Plan

DATE:

10th July 2025

NAME

Lynette Blake

Nicole Chester

Naturopath & Herbalist

Member: NHAA 156909

nicole@herbbar.com.au

0431 967 598

DURATION

Plan 1 – 4 weeks

OBJECTIVE

Stress adaption, Cognition, anti-oxidant and methylation support, nerve repair and protection. Replete magnesium, B12, dopamine support

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		8mls				8mls			
MagTaur Xcell minerals	Mix together	1 scoop							
NAC		1 scoop							
Poly C Powder		1 scoop							
NMN		1 scoop							
Pre Dop				2					
BIO D3 + K2		1 every other day							
N-Regenex		1				1			
Bone matrix minerals							2		
Clinical lipids		1				1			
Melatonin									1

DIET & LIFESTYLE

Mediterranean Diet. Focus on good quality protein, good fats and variety of different coloured veg

Gluten Free

Reduce refined sugars

Exercise 5/7 times a week. Including weights, co-ordination/balance exercises

Detox smoothie – 3 times weekly

Include daily – garlic, ginger turmeric, green tea, berries, 85% dark chocolate/cocoa, brazil nuts, seeds, almonds, dark green leafy veg.

NEXT APPOINTMENT

Reassess in 8 weeks