

# Treatment Plan

**DATE:**

10<sup>th</sup> July 2025

**NAME**

Lynette Blake

Nicole Chester

Naturopath & Herbalist

Member: NHAA 156909

nicole@herbbar.com.au

0431 967 598

**DURATION**

Plan 2 – 4 weeks

**OBJECTIVE**

*Stress adaption, Cognition, anti-oxidant and methylation support, nerve repair and protection. Replete magnesium, B12, mitochondrial energy 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							
Benfotiamine		1 scoop				1 scoop			
NAD Booster		1				1			
Cognition Performance				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

*Do not exceed the recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner.*