

NADA Wellness

Leigh Jane Gibbs - Clinical Naturopath/Western Herbalist

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TREATMENT PLAN

CLIENT: Caleb Saunders

DATE: 1/8/25

Practitioner: Leigh Gibbs

Hi Caleb,

As discussed, nutrients - via the food we eat, run our biochemistry. Nutrition is the foundation of our health. The foods you eat directly impact your energy, mood, inflammation levels, gut, mental health, and hormone balance. Choosing nutrient-dense, whole foods provides your body with the building blocks it needs to repair, regulate, and thrive.

Try to include protein, veg and healthy fats at each meal. Especially the vegetables and go lower on the starchy ones - potatoes, sweet potatoes. We get our minerals mainly from fruits and vegetables. Minerals are needed for healthy muscular skeletal function and repair.

Fasting - ideally keep it to 12 hours only. That way your body doesn't start starving itself. And aim to eat 1 hour after waking if possible. Your body's internal hormonal clock is signalled by sunlight. We want it to work with us not against us.

If you need to eat later at night, make sure there's protein and a little fat with it, so your blood sugar levels don't go haywire at this time of night.

I have also attached a food/diet diary. Try to write down everything you eat and any symptoms that occur after. Gives me a clearer idea of what's going on. :)

TREATMENT AIMS:

Initial Appt:

1. Increase nutrients and fibre - diet
2. Support digestion - supplements
3. Reduce GIT inflammation - Supplements/diet

Follow Appt:

1. Assess progress and adjust as necessary
2. Review blood pathology.



Dietary /Lifestyle Requirements:

- **BREAKFAST** - food is needed to nourish our bodies and fuel our metabolism. Breakfast is important as it kick starts our metabolism, helps regulate blood sugar and hormones, to begin the day. Please try to add in breakfast, maybe 2 days a week. Then increase as you feel comfortable. Enjoy a variety. Suggestions;
 - Oats with full fat yoghurt, berries/ cranberries, grated apple and some nuts and seeds.
 - Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice.
 - Smoothies with fruit, full fat yoghurt, a protein powder, LSA (linseed, sunflower, almond meal - will help provide essential fatty acids for nervous system, cardiovascular and brain health) + a non-dairy milk of your choice.
 - Eggs - any way you like to cook them, with a side of avocado, rocket/spinach w olive oil, sautéed tomatoes, asparagus and mushrooms. Add herbs, salt & pepper.
 - Sourdough with avocado, sardines, sprouts, squeeze of lime juice salt and pepper.
- **LUNCH** - Change some of your lunches up. Please include protein and fibre - salad/vegetables of some sort. Seeds are always a good topper and an easy way to increase healthy fats in your diet. Hemp/Sesame/Pumpkin/Sunflower.
- **ANTI INFLAMMATORY FOODS - VEGETABLES** - please aim for minimum 4 servings a day. Dark leafy greens also. EAT THE RAINBOW :)

1 serve = 1 cup salad veg or 1/2 cup cooked veg.

Vegetables contain numerous antioxidant phytonutrients, fibre and are anti inflammatory. Limit potatoes or sweet potatoes as they are high GI veg. A little is fine and better to eat them earlier in the day. Fibre also feeds the good bacteria in our digestive system, adds bulk to the stools and is like a cleaning aid for the GIT. It also binds to excess toxins, cholesterol and is anti inflammatory.
- **FRUIT** - has an abundance of anti inflammatory, antioxidant properties, full of vitamins and minerals and a great source of fibre.
- **FATS** - try to include some healthy fat - ie avocado, olives/olive oil, tahini, LSA powder, nuts and seeds, in at least 1 of your daily meals. We need healthy fats to balance the inflammatory saturated fats. Fats are needed to lubricate the body, joints, nerves and brain.
- **NUTS & SEEDS** - try to eat a handful a day. Almonds, Brazil nuts, macadamia. Not peanuts.
- **CALCIUM** - is a much needed mineral for our body. Good sources of calcium include: Dairy, bok choy, canned sardines & salmon with bones, sesame seeds, tahini, tofu, almonds, leafy greens. Aim for 1 serve each day.
- **WATER** - increase water intake to at least 1.5L or 6 glasses per day minimum. More if you are exercising. In your water bottle, add a squeeze of lemon and a pinch of Celtic sea salt (rich in minerals) to assist with cellular uptake. Unless your water already has minerals added??



SUPPLEMENTS:

Hydrozyme - Support digestion and stomach acid.

DOSE: 1 capsule, 10mins before each meal.

CelluGenex - Upregulate body's antioxidant defences, heal lining of the gut and aid detoxification.

DOSE: 1/4 scoop, 2 x daily in some water/juice or on food. Consume immediately. If you notice any die-off reactions (headaches, nausea, sore throat, stomach cramps) drop the dose to half of that again - so 1/8 or a sprinkle. And we'll titrate up slowly.

If no symptoms after 3 days, increase to 1/2 scoop, 2 x daily.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Hydrozyme	1 cap	1 cap	1cap	X		
CelluGenex - start low dose!	1/4 tsp		1/4 tsp		X	

Referrals and Testing:

Blood Pathology.

Go to this link and click on 'General Health' panel. Sign up and pay \$24 and you will receive a referral for these bloods. You may also choose the 'erectile dysfunction' panel (not that this is of concern) but the bloods are male hormones, so will be useful to see :) Doesn't include DHT however. So you may also just visit your GP and have them done and include this also.

<https://www.instantscripts.com.au/online-pathology-requests>

Next Appointment: Saturday 15th August TBC

