

Treatment Plan



DATE:
29th July 2025

NAME
Alexander Danilov

DURATION
6 weeks

OBJECTIVE

Immune modulation, nephron repair/protection, microcirculation and methylation support, reduce blood glucose and inflammation, improve detoxification, stress adaption and microbiota balance

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
NAC		1 gm				1 gm			
MagTaur Xcell		1 scoop							
Ashwagandha		1				1			
N-Regenex		1				1			
Gut- R		1 scoop							
S.Bifido Biotic		1				1			
PCIP – suck/chew	1 tablet 4-6 x daily as needed								

DIET & LIFESTYLE

Kidney-Friendly Diet (Alkaline) Consider going grain-free

Eat more- dark green leafy veg, lemon/lime juice, apple cider vinegar

Eat less- refined white flour carbohydrates, sugars, alcohol, coffee

Reduce Blood glucose *Eat smaller more frequent meals and snacks always including protein and good fats *Eat meals in this order 1// low starch veg/salad 2/. Protein 3/. fats 4/. carbohydrates/starches

*Exercise 5/7 times a week *Swap breads/pastas/rice for more low-starch veg and protein *Avoid all carbs and sugars on empty stomach (no naked carbs) *Avoid all hydrogenated/trans fats ie margarine, heated seed oils processed foods *Opt for lower sugar fruits like berries *

Drink 2-3 litres of purified, alkaline water daily (sip mostly away from meals)

Sunshine ☀️ **daily**

Low-tox living

NEXT APPOINTMENT

6 weeks

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