



## TREATMENT PLAN

**CLIENT: Dianna Dolman**

**DATE: 8/8/25**

**Practitioner: Leigh Gibbs**

### TREATMENT AIMS:

#### Initial Appt:

1. Improve digestion and bowel movements - supplements/diet
2. Support mood - supplements/herbs
3. Reduce inflammation - supplements/diet/herbs
4. Reduce perimenopause symptoms- herbs/ supplements

#### Follow Up Appt

5. Assess progress and adjust as necessary
6. Review bloodwork.

### Dietary /Lifestyle Requirements:

NUTRITION - the food we eat runs our biochemistry. Nutrition is the foundation of our health, especially during times of distress and life's challenges. The foods you eat directly impact your energy, mood, inflammation levels, gut health, and hormone balance. Choosing nutrient-dense, whole foods provides your body with the building blocks it needs to repair, regulate, and thrive.

- 3 Meals a day - try to eat 3 balanced meals a day. And don't snack in between. This gives your digestive system a change to rest and digest and move food through the body.
- On rising, please continue with your water and honey. Maybe add a little squeeze of lemon also? This will increase hydration, and support liver function, to start your day. Black tea, which has caffeine, drunk on an empty stomach spikes stress hormones and sets you up for energy crashes later in the day. Tea is also a diuretic and makes you waste your minerals. Please enjoy after breakfast.
- BREAKFAST - Breakfast is important as it kick starts our metabolism, helps regulate blood sugar, cortisol and hormones. Please try to enjoy a variety. Suggestions;

● Overnight oats with full fat yoghurt, berries 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. Plenty of recipes online.
- Smoothies with fruit, full fat yoghurt, a collagen powder, LSA (linseed, sunflower, almond meal - will help support oestrogen levels and provide essential fatty acids for nervous system, cardiovascular and brain health) + a non-dairy milk of your choice. Sweeten with honey or maple syrup if needed.
- 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/rocket, squeeze of lemon juice salt and pepper.
- FLAX MEAL - flax is a great source of fibre and fats and helps remove excess estrogen from the body. Please add 2 tablespoons daily to any food/smoothies/drinks.
- KIWI FRUIT - if you enjoy kiwi fruit, eat 1-2 day. Very high in Vit c and will help constipation.
- FIBRE - wherever possible, please try to increase your intake of good quality fibre. I.e colourful vegetables. Fibre feeds the good bacteria in our digestive system, binds to excess cholesterol and is anti inflammatory. EAT THE RAINBOW :)
- PROTEIN - please include good quality protein at each meal, each day.. Women need more protein as we go through menopause.
- CALCIUM - is a much needed mineral as we go through menopause. Good sources of calcium include: Bok choy, canned sardines & salmon with bones, yoghurt, dairy, sesame seeds, tahini, tofu, almonds, leafy greens. Aim for 1 serve a day minimum.
- ALCOHOL - please try to reduce your intake to half. Alcohol increases histamine in the body and when estrogen is high, causes more histamine also (dizziness, headaches, anxiety, racing heart) Also increases the episodes of night sweats. Alcohol depletes the body of B vitamins and minerals and is a diuretic = dehydrating.
- GRASSLAND NUTRITION supplement - stop this until we get your bloods back. Also stop the Quality Health product. And the Natures Way Magnesium.
- SODIUM - your medication depletes sodium. Please make sure you are having enough sodium in your diet. It is very important for cell signalling and muscle health. (Low levels can cause cramps)
- BLOATING - grab yourself some peppermint, liquorice or fennel tea. This will help ease the bloating. The enzymes should help, but we will address this further next appt.

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## SUPPLEMENTS:

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**Digestive Enzyme** - to support digestion and nutrient absorption.

DOSE: 1 capsule at the start of each meal.

**BioActivated B** - to support nervous system and energy & mood.

DOSE: 1 capsule with breakfast.

**OmegAvail Fish oil** - reduce inflammation, support brain function, cardiovascular and nervous system.



DOSE: 1 capsule morning or lunch with food.

**MagDuo** - to improve bowel function, support mood, stress and nervous system

DOSE: 1 scoop in 200ml water, 1 x daily. (Can be taken morning or evening)

**HERBAL MEDICINE:** balance hormones, reduce hot flashes, improve mood and liver health.

DOSE: 5ml in a little water, 2 x day. Morning and evening, after food

#### Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
<b>Digestive Enzyme</b>	1 cap			X		
<b>BioActivated B</b>	1 cap				X	
<b>OmegAvail Fish oil</b>	1 cap				X	
<b>MagDuo</b>	1 scoop				X	
<b>HERBAL MEDICINE</b>	5ml		5ml	After food		

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#### Referrals and Testing:

Please see your GP for the following bloods:

Iron Panel

CBC

E/LFT

Lipids

Vit D

TSH - T4 & T3

DHEA

Also a Dexascan - for bone density.

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**Next Appointment:** 4th Sept, 12pm

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