



## TREATMENT PLAN

**CLIENT: Michelle Harvey**

**DATE: 22/8/25**

**Practitioner: Leigh Gibbs**

Hi Michelle,

Whilst we start to nourish your body again, the supplements below will assist with nutrient deficits. These are not long term, only short, whilst we fix your gut and optimise diet and nutrient absorption to help you feel more like yourself. The idea is to eventually get most nutrients through food. However, we do need some added support during the menopause transition.

The herbal medicine I have formulated doesn't taste great, but try to comply, as they yield wonderful results and are healing to the body. Please be mindful that whilst the body adjusts to treatment, some symptoms may arise. Just note anything down and we'll address at the follow up appointment.

Leigh :)

### TREATMENT AIMS:

#### Initial Appt:

1. Improve digestion and bowel frequency - supplements/diet
2. Reduce inflammation - supplements/diet
3. Support mood and energy levels - supplements /diet
4. Reduce frequency of UTIs - herbs

#### Follow Up Appt

5. Assess progress and adjust as needed

### 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 try not to snack in between. This gives your digestive system a chance to rest and digest and move food through the body.



- **COFFEE** - Please enjoy your coffee AFTER breakfast. Coffee causes a spike in stress hormones and sets you up for crashes later in the day. Its also very dehydrating.
- **BREAKFAST** - Breakfast is important as it kick starts our metabolism, helps regulate blood sugar, cortisol and hormones. Please try to eat within 1hr of waking and enjoy a variety. Suggestions;
  - Overnight oats with non dairy yoghurt, grated apple, berries and some chia or nuts and seeds. You can add protein powder also. I like this brand [NUZEST Protein](#).
  - 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 frozen fruit, a collagen or protein powder, LSA (linseed, sunflower, almond meal - will help support hormone clearance and provide essential fatty acids for nervous system, cardiovascular and brain health) + a non-dairy milk of your choice or coconut water.
  - 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.
  - GF toast with avocado, sardines, sprouts/rocket, squeeze of lemon juice salt and pepper.
- **FLAX MEAL** or LSA (linseed/sunflower/almond meal) - is a great source of fibre and fats and helps remove excess hormones from the body. Please add 2 tablespoons daily to any food/smoothies/salads.
- **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. Ie colourful vegetables. Fibre bulks stool, and helps ease constipation. It also feeds the good bacteria in our digestive system, binds to toxins and is anti inflammatory. EAT THE RAINBOW :)
- **PROTEIN** - please include good quality protein at each meal, each day.. Will stabilise blood sugar and lessen sweet cravings. Women need more protein as we go through menopause.
- **FATS** - try to include some healthy fat - ie avocado, olives/olive oil, tahini, LSA powder, in your daily meals. We need healthy fats to lower inflammation, support hormones and mood. Fats will improve joint health also and support your nervous system.
- **CALCIUM** - is a much needed mineral as we go through menopause. Good sources of calcium include: Bok choy, canned sardines & salmon with bones, cheese, sesame seeds, tahini, tofu, almonds, leafy greens. Aim for 1 serve a day minimum.
- **VITAMIN D** - Your mineral supplement below, has Vit D in it. So please don't take the one you have at home. Aim to get out in the sun (when possible) for 20mins a day mid morning, no sunscreen (except face of course)
- **WATER** - increase water intake to at least 1.5L or 6 glasses per day minimum. More if you are exercising. In your water bottle, you can add a decent squeeze of lemon and a pinch of Celtic sea salt (rich in minerals) to assist with cellular uptake also.
- **BLOATING** - if you find you are bloating after a meal - please note down what you just ate. It will give me a clearer idea of what is causing it. Also grab yourself some peppermint, chamomile, or ginger tea. Great for soothing GIT pain and bloating.
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## SUPPLEMENTS:

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**BioHeme Iron** - increase iron levels to support mood, cognitive function and energy.

*DOSE: 1 capsule **before breakfast on an empty stomach** - every 2nd day.*

**ZymeGest**- to support digestion and nutrient absorption.

*DOSE: 2 capsules 10mins before each meal. (Breakfast and dinner is fine)*

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

*DOSE: 1 capsule daily after breakfast.*

**EnteroMend** - to improve bowel function, & gastrointestinal health.

*DOSE: 2 level scoops in 200ml water, 1 x daily. (Can be taken morning or afternoon)*

**\*\*take at least 2 hours away from your HRT and Vyvanse\*\***

**Alkalising Mineral Complex** - reduce inflammation, assist with general wellbeing & detoxification.

*DOSE: 1 level scoop in 250ml water. Enjoy mid morning, or after your workout.*

**HERBAL MEDICINE:** reduce UTI's, tone bladder, reduce fungal overgrowth & support liver for detoxification.

*DOSE: 2.5ml in a little water, 2 x day. Morning and evening, after food.*

*Increase to 5ml, 2 x day after 2 weeks.*

**\*\*take at least 2 hours away from your HRT and Vyvanse\*\***

## Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
<b>BioHeme Iron</b> - M/W/F/Sun	1 cap			X		
<b>Digestive Enzyme</b>	2 caps			X		
<b>BioActivated B</b>	1 cap				X	
<b>EnteroMend</b>		2 scoops				
<b>Alkalising Mineral Complex</b>		1 scoop		Any time of day is fine		
<b>Herbal Medicine</b>	2.5ml		2.5ml			X

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## Referrals and Testing:

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Redo full set of bloods as discussed.

CDSA stool test - referral will be emailed from the pathology lab. Absolutely no rush though.

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**Next Appointment: Saturday 13th Sept, 12pm**

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