



## TREATMENT PLAN

**CLIENT:** Jacqueline Lloyd

**DATE:** 31/8/25

**Practitioner:** Leigh Gibbs

Hi Jacqueline,

The food we eat runs our biochemistry. Nutrition is the foundation of our health, especially during times of stress 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.

As discussed, we'll move slowly and try to get your bowels working better first. Once you start to go regularly, you should notice a difference in your energy, frequency of headaches and sleep, as you will be removing the toxins from your body.

Try to make some changes suggested below, with your diet. But just do what you can manage. No pressure.

Leigh :)

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### TREATMENT AIMS:

#### Initial Appt:

1. Improve bowel function - supplements/diet
2. Support sleep onset and maintenance - supplements/diet

#### Follow Up Appt

3. Assess progress, blood work and adjust as necessary.
4. Gut health & hormones.

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### Dietary /Lifestyle Requirements:

- LOW HISTAMINE - try to follow a low histamine diet. I have attached some information that includes a list of foods on page 7 & 8 that are high in histamine. Try to avoid the high ones.



- **CONSTIPATION** - we need lots of fibre and water for our bowels to move well. If you like Kiwi fruit, please eat 2 a day. If having for breakfast, please have some protein after - full fat, lactose free yoghurt, or 2 eggs, so your blood sugar doesn't spike.
- **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 enjoy a variety. Suggestions;
  - Our breakfasts need a good amount of protein, fats and carbs so we have lots of energy for the day and our blood sugar is stabilised.
  - Overnight oats with full fat yoghurt, grated apple, cinnamon and a small amount of honey.
  - Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice. Here's some recipes; [CHIA PUDDING](#)
  - Smoothies with frozen fruit, full fat yoghurt, Flax meal - will help support oestrogen levels and provide essential fatty acids for nervous system, cardiovascular and brain health and also help relieve constipation) + a non-dairy milk of your choice or coconut water.
  - Eggs - any way you like to cook them. Try to add a side of vegetables also. Or have some fruit.
- **ANTI INFLAMMATORY FOODS - VEGETABLES** - please aim for 4-5 servings a day. Dark leafy salad greens also. (Not spinach - high in histamine) **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. Fibre also feeds the good bacteria in our digestive system, adds bulk to the stools and is like a cleaning aid for the GIT, helping with constipation. It also binds to excess cholesterol and is anti inflammatory.
- **PROTEIN** - are the building blocks of the body. Please try to include good quality, lean protein at each meal, each day.
- **WATER** - water cleans and lubricates the body. Please increase water intake to 1.5L or 6 glasses per day. Add a little pinch of Celtic Sea Salt to your water to help it move into the cells.
- **PEPSI/COKE** - please limit to no more than 1 can per day. The caffeine is very dehydrating and is a diuretic. (Meaning you pee out your minerals) Dehydration can be a cause of headaches. Also, the chemicals in these drinks aren't good for us. Try swapping for a lemon lime bitters. Or there are very nice sparkling, flavoured Coconut waters on the market now. I like the **Bonsoy** brand. The passionfruit and ginger flavour is yummy.

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## SUPPLEMENTS:

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- Enterolax - to relieve constipation

DOSE: 1 capsule with water, before bed. This is half dose. If needed, increase to 2 caps.

- TriMag Restful night - to support sleep onset and maintenance.

DOSE: 1/2 scoop in 100ml water, 1/2 hour before bed. After a few days, increase to 1 full scoop.



**Supplement Schedule:**

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	BEFORE BED
Enterolax			1 cap			X
Tri Mag Restful Night			1/2 scoop			X

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**Referrals and Testing:**

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Bloodwork. Please ask for the following pathology at your GP:

Iron Panel

B12

CBC

E/LFT

Lipids

Vit D

TSH - T4 & T3

DHEA

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**Next Appointment: 20th September, 10am**

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