

# Treatment Plan

**DATE:**

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**NAME**

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**DURATION**

8 weeks

**OBJECTIVE**

*Stress adaption, Cognition, anti-oxidant and methylation support, nerve repair and protection. Replete magnesium, B12, dopamine support*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		8mls				8mls			
MagTaur Xcell minerals	Mix together	$\frac{3}{4}$ scoop							
NAC		1 scoop							
Poly C Powder		$\frac{1}{2}$ scoop							
Benfotiamine		1 scoop							
BIO D3 + K2		Mon, Wed, Fri							
PreDop				2					
N-Regenex		1				1			
Bone matrix minerals							2		
Clinical lipids		1				1			
Melatonin									1

**DIET & LIFESTYLE**

Mediterranean Diet. Focus on good quality protein, good fats and variety of different coloured veg

Gluten Free

Reduce refined sugars

Exercise 5/7 times a week. Including weights, co-ordination/balance exercises

Detox smoothie – 3 times weekly

Include daily – garlic, ginger turmeric, green tea, berries, 85% dark chocolate/cocoa, brazil nuts, seeds, almonds, dark green leafy veg.

**NEXT APPOINTMENT**

Reassess in 8 weeks