



## TREATMENT PLAN

**CLIENT:** Janine Dungate

**DATE:** 5/9/25

**Practitioner:** Leigh Gibbs

### TREATMENT AIMS:

1. Continue to reduce GIT inflammation, bloating & reflux
2. Reduce histamine levels

### Dietary /Lifestyle Requirements:

- Stop the Enduracell, whilst you're not feeling well. Once you are feeling better again, start at **1 capsule daily**. Stay on this for at least a week or 2. Then try to go up to **2 caps a day**. There's no rush.
- Continue introducing any new plant foods on Phase 1 list of the PDF handout I gave you, with the initial treatment plan. Please note down if any of those foods cause symptoms. And avoid for the time being. We will need to be on this for roughly 6 weeks. Then start introducing more of the histamine liberating foods (1 food for 3 days at a time to test) then move to Phase 2 and introduce more foods.
- Smoothies: Suggested plant protein to add - NUZEST Clean protein. The Vanilla flavour is great, only use half the suggested dose though. You could also try frozen açai in them and dragon fruit when it is in season (thickens them up). I think its best to avoid the green powder for the moment also.
- Juicing - add some juices if they are tolerated. Carrot, cucumber, apple, celery, ginger. From the veg and fruit allowable list on the PDF. Great way to get extra nutrients in.
- Reduce consumption of beetroot, as it is high in histamine. A little is fine, but not everyday. You may add a little to your juice too?

### SUPPLEMENTS:

- **Enterozyme**- to support digestion

*DOSE: 1 cap with each meal, 3 x day.*

- **GI Revive** - reduce bloating and inflammation, soothe gastrointestinal tract.



*DOSE: 1 heaped teaspoon in 250ml water, 2 x day.*

- **BioActivated B** - to support histamine breakdown, nervous system and energy.

*DOSE: 1 cap every 2nd day - M/W/F/Sun*

- **Biomedica Mag Duo** - to support nervous system, mood, muscular skeletal system and hormones.

*DOSE: 2 caps - any time of day is fine.*

- **Enduracell** - to reduce inflammation and oxidative stress. And repair the gut lining.

*DOSE: 1 cap daily, for 1-2 weeks. Increase to 2 caps daily after 1 week, if tolerated.*

- **Fish Oil** - reduce inflammation, support nervous system, immune function and brain health.

*DOSE: 2 caps daily with food. (Any time is fine)*

### Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Enterozyme	1 cap	1 cap	1 cap		X	
GI Revive 1 scoop	1 hp tsp		1 hp tsp			X
BioActivated Bs. M/W/F/Sun	1 cap				X	
MagDuo			2 caps	Any time of day		
Enduracell	1 cap					
Fish Oil	2 caps				X	

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### Referrals and Testing:

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N/A

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**Next Appointment: Sept 25th, 2:30pm**

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