

NADA Wellness

Leigh Jane Gibbs - Clinical Naturopath/Herbalist/Sound Therapist

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FOLLOW UP TREATMENT PLAN

CLIENT: Michelle Harvey

DATE: 13/9/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

1. Continue to reduce inflammation
2. Support iron and vitamin D levels.
3. Support intestinal health.
4. Support mood & energy
5. Improve sleep onset & maintenance.

Dietary /Lifestyle Requirements:

- 5 deep breaths before eating if you are stressed. Helps to switch on the parasympathetic nervous system for digestion.
- Red meat at least 2 x week.
- Include healthy fats and vegetables at every meal to assist with bowel function.
- Every morning - kiwi fruit, LSA powder (if it doesn't cause bloating)
- Vitamin A rich foods are important for cellular health, immune function and gut health. Please try to include sources of Vit A in your diet weekly - Red veg - sweet potato, pumpkin, carrots, oily fish - sardines, salmon, eggs, mangoes.
- Rye Sourdough is a good option for bread.
- Just as an aside also, Grapefruit is contraindicated with Guanfacine. So please don't consume any. It can increase the effects of the drug and cause significant hypotension.

SUPPLEMENTS:

Stay as per last schedule, except:



- Herbal Medicine - increase to 5ml in a little water, 2 x daily.

I have switched the gut powder to a chewable tablet. This will be easy for you to take away with you also.

Also, we spoke about Mg before bed. As the Alkalisng minerals has 300mg of Mg in it, i'm reluctant to dose you another 300mg, as too much can lower blood pressure further. (And also affect calcium and sodium) So we'll leave the night Mg for now and switch later. Ive prescribed a herbal sleep mix instead. No interactions with your meds.

NEW:

2-FL Zinc Gut Repair - Replacing the EnteroMend Gut Powder.

DOSE: Chew 1 tablet after breakfast and 1 after dinner.

Herbal Sleep Mix - Help lower cortisol and support nervous system, for a restful sleep.

DOSE: 5ml in a little water, 15mins before bed

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioHeme Iron - M/W/F/Sun	1 cap			X		
Digestive Enzyme	2 caps		2 caps	X		
BioActivated B	1 cap				X	
2-FL Zinc Gut Repair	1 tablet		1 tablet			X
Alkalisng Mineral Complex		1 scoop		Any time of day is fine		
Herbal Medicine	5ml		5ml			X
NIGHT TIME						
Herbal Sleep Mix			5ml	15min before bed		

Referrals and Testing:

Pelvic Floor Osteopath - rule out any issues with bladder and pelvic floor muscles.

Next Appointment: October - on return TBC.

