



TREATMENT PLAN

CLIENT: Mitch Dolman

DATE: 5/9/25

Practitioner: Leigh Gibbs

Hi Mitch,

Whilst we wait for your ENT appointment to further explore the nature of your symptoms, there's a lot we can do to limit the episodes and have you feeling a little better.

The food we eat runs our biochemistry. (Think about how food gives us energy.) Nutrition is the foundation of our health, especially during stressful times and life's challenges. The foods you eat directly impact your energy, mood, inflammation levels, gut and brain health. Choosing nutrient-dense, whole foods provides your body with the building blocks it needs to repair, regulate, and thrive.

There is a lot of inflammation in your body at the moment. When there is substantial inflammation, neurological symptoms can present. I'd like to work with you to bring down this inflammation and reduce your oxidative stress.

If you can manage, please make a few changes as suggested below, to your diet and lifestyle. We will need to support your body with some supplements also, as the alcohol you consume depletes the body of vital nutrients that are needed for you to feel well and balanced.

If you can make just 2 changes even, that would be fantastic. Do your best.

Leigh :)

TREATMENT AIMS:

Initial Appt:

1. Reduce inflammation
2. Increase nutrients
3. Reduce oxidative stress.

Follow Up Appt

4. Assess progress, blood work and adjust as necessary.



Dietary /Lifestyle Requirements:

- **BREAKFAST** - food is needed to nourish our bodies and fuel our metabolism. Breakfast is important as it kick starts our metabolism, gives us vitamins and minerals to start the day and helps regulate blood sugar and mood. Please try to enjoy a variety. Suggestions;
 - Oats/porridge with full fat yoghurt, berries, grated apple, cinnamon and some nuts and seeds.
 - Smoothies with fruit, full fat yoghurt, protein powder (if you have one) + a milk of your choice. Sweeten with honey or maple syrup if needed.
 - 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.
- **COFFEE** - Please enjoy your coffee half an hour AFTER breakfast. Coffee causes a spike in stress hormones (can cause dizziness and nausea) and sets you up for crashes later in the day. Its also very dehydrating.
- **ANTI INFLAMMATORY FOODS - VEGETABLES** - please aim for 4-5 servings a day. Dark leafy greens also. **EAT THE RAINBOW** :)

1 serve = 1 cup salad veg or 1/2 cup cooked veg.

Vegetables contain numerous antioxidants, fibre and are anti inflammatory. Fibre also feeds the good bacteria in our digestive system, adds bulk to the stools and is like a cleaning aid for the GIT. It also binds to excess toxins for elimination.
- **FRUIT** - has an abundance of anti inflammatory, antioxidant properties, full of vitamins and minerals and a great source of fibre.
- **PROTEIN** - please include good quality protein at each meal, each day.. If you enjoy seafood - sardines, fish, oysters, mussels, these are a very nutritious protein option.
- **ALCOHOL** - initially, please try to half your intake. Alcohol depletes the body of important B-vitamins and minerals needed for good brain function, nervous system and overall health and wellbeing. It is a diuretic = dehydrating. Alcohol causes alot of inflammation in the body. When there is any neurological issues, there is brain inflammation.

SUPPLEMENTS:

BioActivated Bs - replenish nutrients & support neurotransmitters, mood, energy and vertigo.

DOSE: 1 cap in the morning after food.

Alkalising Mineral Powder - reduce inflammation and oxidative stress.

DOSE: 1 level scoop in 250ml water at lunch time.

must be taken 3hrs away from your meds

OMEGAVAIL - reduce inflammation, support brain health and nervous system.

DOSE: 1 cap in the morning with breakfast

ANNATTO E - antioxidant

DOSE: 1 cap after breakfast or lunch.



Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Bio Activated B	1 cap				X	
Alkalising minerals		1 scoop				X
OmegAvail	1 cap				X	
Annatto E	1 cap					X

Referrals and Testing:

Bloodwork - if you have any recent bloods, please email them through to me.

Otherwise, please visit your GP and ask for the following bloods:

- Iron Panel
- CBC
- E/LFT
- Lipids
- Vit D
- TSH
- Homocysteine
- Fasting Glucose
- HBA1c
- CRP

Next Appointment: Saturday 27th September, 10am TBC

