

Treatment Plan

DATE:

12th September 2025

NAME

Deborah Borthwick

DURATION

Ongoing

OBJECTIVE

Stress adaption, Cognitive function, Detox and methylation and support. Anti-oxidant support, reduce brain inflammation

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		9mls				9mls			
MagTaur Xcell		1 scoop							
NAC		1 scoop				1 scoop			
Benfotiamine		1 scoop				1 scoop			
Methyl B12		Suck ½ tab				1 scoop			
N-Regenex		2				2			
Bio D + K2 finish off		1							

DIET & LIFESTYLE

Mediterranean – Focus on quality protein variety of colourful veg and good fats.

More protein for Breakfast and lunch – add avocado chicken meats egg nut butter

Detox smoothie 3/7 times weekly- banana orange, cup wild blueberries few stalks of coriander 1-2 tsp super greens 1 tsp Atlantic dulse coconut water

Daily Vascular support foods - Cocoa or 1-2 pieces daily dark chocolate (85%) ginger garlic (preferably raw - 1 clove daily) turmeric berries cup green tea (1-2 daily) beetroot/Juice

Avoid refined carbohydrates, sugars, Reduce alcohol

Increase alkaline filtered water add pinch of Celtic sea salt to first glass of water

****Exercise routine for muscle coordination daily**

Avoid all trans/hydrogenated fats i.e margarine seed oils processed foods. Only use Extra virgin cold pressed Olive and Coconut Oils Ghee Tallow.

Sunshine Daily – min 20 minutes, 30% of skin exposed. No bathing for min 1 hour after

Keep Diary on bench to reduce overwhelm

NEXT APPOINTMENT

Reassess in 6 weeks