



TREATMENT PLAN

CLIENT: Caleb Saunders

DATE: 3/10/25

Practitioner: Leigh Gibbs

Hi Caleb,

Treatment will continue for another 6 weeks, then you should be able to go off all supplements. :)

TREATMENT AIMS:

1. Continue to reduce GIT inflammation & repair gut lining.
2. Increase microbial diversity

Dietary /Lifestyle Requirements:

- Continue gluten free
- Continue diversity of plant foods in diet - try some beans/lentils. You can add to salads, meats etc. (the more diversity, the richer our gut bacteria will become)
- Add Celtic sea salt to water bottle to increase hydration.

SUPPLEMENTS:

Cellugenex - Increase to 2 scoops daily. Once finished switch to capsules - let me know.

Hydrozyme - once finished bottle, stop.

TriZinc - take 3 x week only. M/W/F

NEW:

Gemmune IB: - to repair gut lining & modulate immune function.

DOSE: 1 cap, 2 x day. After 1 week, increase to 2 caps, 2 x day.



Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Tri Zinc 3 x week - M/W/Fri	1 cap				X	
Cellugenex	1 scoop		1 scoop			
Gemmune IB	1 cap		1 cap			

Referrals and Testing:

N/A

Next Appointment: October 24th/25th TBC.

