



## TREATMENT PLAN

**CLIENT:** Claudia Gomez

**DATE:** 18/9/25

**Practitioner:** Leigh Gibbs

Hi Claudia,

As mentioned as we head into menopause, we want to support our cardiovascular system, bone health and brain health to limit risk of degenerative disease.

We do this through supporting these body systems, improving digestive function, liver health, adrenal function and reducing inflammation and insulin resistance.

Leigh :)

### TREATMENT AIMS:

1. Improve bowel function
2. Reduce bloating

### FOLLOW UP:

1. Assess bloodwork, treatment and adjust as necessary.

### Dietary /Lifestyle Requirements:

- On rising, please swap your tea for dandelion root tea. This will increase hydration, stimulate gastric secretions and support liver function, to start your day. Caffeine on an empty stomach spikes stress hormones, raises blood sugar and can set you up for energy crashes later in the day. Tea/coffee are also diuretics therefore dehydrating and can deplete your body of vital minerals.
- **PROTEIN** - we need more protein as we head into menopause. Please include good quality protein at each meal, each day.. Collagen is a great option for some added protein. Sprinkle in breakfast, or smoothies. If you enjoy sardines, these are a very nutritious protein option and contain calcium also.
- **CALCIUM** - is a much needed mineral as we go through menopause. Good sources of calcium include: Bok choy, canned sardines & salmon with bones, sesame seeds, tahini, tofu, almonds, leafy greens. Aim for 4 serves per week minimum.
- **WATER** - increase water intake to at least 1.5L or 6 glasses per day minimum. More if you are exercising or drinking coffee. In your water bottle, add a decent squeeze of lemon and a pinch of Celtic sea salt (rich in minerals) to assist with cellular uptake.



- **FIBRE** - wherever possible, please try to increase your intake of good quality fibre. I.e. colourful vegetables. Fibre feeds the good bacteria in our digestive system, binds to excess cholesterol and toxins, and is anti inflammatory. EAT THE RAINBOW :)
- **LSA** - linseed, sunflower, almond meal is a great option to increase healthy fats and improve bowel function.
- **DIGESTION** - before dinner, put 1tsp apple cider vinegar in a little water and drink to stimulate gastric juices so digestion is more effective. This should help with the feeling of fullness.

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## SUPPLEMENTS:

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**Dandelion Root Tea** - to improve bowel function, liver and gall bladder health.

*DOSE: 1 heaped tsp in 200ml boiling water. Steep for 5 mins. Consume first thing in the morning before breakfast.*

**Designs for Health Whole Body Collagen** - support muscular skeletal system.

*DOSE: add 1 scoop daily to food.*

**MenoBalance** - reduce symptoms of menopause.

*DOSE: 1 capsule 2 x day. - After you finish the bottle we can swap to liquid herbs, which we can tailor to your specific health needs.*

## Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
<b>Dandelion Root Tea</b>	1tsp			X		
<b>Whole Body Collagen</b>	1 scoop			Any time of day is fine		
<b>Meno Balance</b>	1 cap		1 cap			

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## Referrals and Testing:

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Bloods through this link:

[Instant Scripts](#)

Please have them done fasting overnight. Only water in the morning. No other food or drink.

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**Next Appointment:** In 2 weeks time or after the pathology is back.

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