



TREATMENT PLAN

CLIENT: Cardia Pratico

DATE: 17/10/25

Practitioner: Leigh Gibbs

Hey Cardia,

I have added the Cal Mag supplement for added muscular skeletal support. Just take before bed.

As you are on now 450mg magnesium daily, just make sure you are getting enough salt in your diet and calcium rich foods as magnesium can lower these 2 minerals. Its not a super high dose, but just be aware.

TREATMENT AIMS:

1. Continue to reduce inflammation
2. Support liver and gall bladder.
3. Balance hormones.
4. Support muscular inflammation.

Dietary /Lifestyle Requirements:

- Continue with prior suggestions.
- Red meat to 1 or 2 x week only.
- Re-introduce eggs 2-3 x week. Note any reaction - bloating, headaches, pain etc.
- Stay away from gluten for a month. To see if it helps with bloating.

SUPPLEMENTS:

Stop Hydrozyme when bottle is finished.

NEW:

- Gallbladder/Digestive Herbal Mix - support fat digestion and detoxification.
DOSE: 20 drops in water before meals.
- RN Labs Cal:Mag - support muscular skeletal system.



DOSE: 2 caps at night before bed.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Hydrozyme	1 cap	1 cap	1 cap	X		
MagTaur M/W/F/Sun	1scoop					X
2Fl Mood	1 tab		1 tab			X
Hormone Herbal Mix	5ml		5ml	Away from supps.		
Liver /Gall bladder mix	20 drops		20 drops	X		
Fish Oil	2 caps				X	
Cal Mag			2 caps	Before bed		

Referrals and Testing:

Haemochromatosis gene. Try a drop in Medical Centre. Take the recent Iron Panel pathology with you.

Next Appointment: TBC 3 weeks time.

