



TREATMENT PLAN

CLIENT: Tamara Stanley

DATE: 16/10/25

Practitioner: Leigh Gibbs

Hi Tamara

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

I'd like to focus firstly on reducing the inflammation in your gut and supporting your liver to clear toxins and metabolic waste. If there is inflammation in our gut, there is inflammation in our brain.

We can then look to heal the gut terrain, balance the microbiome and support healthy hormone regulation. Please understand that healing is not linear and takes time. The supplements and herbs prescribed are to start this process, reduce symptoms and help bring your body back in to balance. We eventually want to get all nutrients through food and only rely on supplements/herbs when needed.

I have attached a diet diary. Please try to fill in for 7 days, so we can see if there is a pattern of foods being eaten and your digestive symptoms you are experiencing. There are a few different reasons for your symptoms.

If the bloating continues 10 days into treatment, let me know and I'll give you a specific eating plan to follow. If it eases, I know what is causing the bloating.

Leigh :)

TREATMENT AIMS

STEP 1

1. Reduce GIT inflammation & bloating - herbs/diet
2. Support energy levels and stress response - supplements /diet
3. Support liver and detoxification - herbs /diet / supplements.

NEXT APPT:

Assess progress and make adjustments as necessary. Assess pathology.

STEP 2

4. Heal GIT and balance microbiome



5. Continue to reduce inflammation and balance hormones
6. Support healthy weight management.

Dietary /Lifestyle Requirements:

- Practice doing 5 deep breaths before eating. This switches us out of flight or flight, so our digestion is working.
- Try to get the sunlight in your eyes first thing in the morning (not looking directly at the sun obviously). If you can get outside even for 5 minutes, sunlight helps to regulate cortisol and our hormones.
- BREAKFAST - is needed to nourish our bodies, kick start our metabolism, and to help regulate blood sugar and hormones, to begin the day.. Please try to enjoy a variety. Suggestions;
 - Overnight oats with coconut yoghurt, protein powder, berries, grated apple and some nuts and seeds for added fats.
 - Smoothies with frozen fruit, a protein or collagen powder, LSA (linseed, sunflower, almond meal - will help support oestrogen levels and provide essential fatty acids for nervous system and brain health) + a non-dairy milk of your choice.
 - Egg muffins - whisk up 2 or 3 eggs, chop up some veg - zucchini, spinach, tomato, mushrooms or whatever you have. Add some cheese. Mix and pour into muffin tins. Bake in oven for 10-15 mins. You can do these at night, refrigerate and take to work the next day.
 - GF toast with avocado, sardines, sprouts, squeeze of lime juice salt and pepper. (I realise this isn't feasible for work, but maybe on weekends to change it up a little)
- PROTEIN - please include good quality protein at each meal, each day.. If you enjoy sardines, these are a very nutritious protein option and contain calcium also.
- FATS - try to include healthy fats at each meal - ie avocado, olives/olive oil, tahini, nuts/seeds, LSA powder. We need healthy fats to balance the inflammatory saturated fats. Fats will keep you fuller for longer and improve energy, hormone balance and blood glucose.
- FIBRE - wherever possible, please try to increase your intake of good quality fibre at each meal. I.e colourful vegetables and leafy greens. Fibre 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 hormones, cholesterol and is anti inflammatory. EAT THE RAINBOW :)
- NUTS & SEEDS - increase wherever you can. Very nutritious and good source of healthy fats to support hormone balance.
 - Add 3 Brazil nuts daily, to increase selenium. This is needed for healthy thyroid function.
- RED MEAT - an important source of iron, B12, B6 and zinc. Please aim for 3 serves a week to boost iron absorption. Needed for energy, brain function, hormones, thyroid health and all tissues of the body.
- FISH - please include 2 serves a week. Salmon, sardines, fleshy white fish are the best options.



- LSA - linseed, sunflower, almond meal is a great option to add to your breakfast/smoothies as it increases healthy fats, balances hormones and improves bowel function.

SUPPLEMENTS:

Continue taking your Gut MX and fish oil. Let me know the brand of fish oil however. Some retail brands are poor quality and questionable re levels of DHA/EPA.

Digestive Enzymes Plus - to support digestion, absorption of nutrients and reduce bloating.

DOSE: 1 tablet just before each meal.

MAG TAUR XCELL - to support stress response, nervous system, energy, detoxification.

DOSE: 1 scoop in 200ml water after breakfast.

Herbal Digestive Tonic - to reduce inflammation, bloating, support liver and detoxification

DOSE: 5ml, 2-3 x day after food.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzymes	1 cap	1 cap	1 cap	X		
MagTaur Xcell	1 scoop					X
Herbal Digestive Tonic	5ml		5ml			X
GutMX - your product			1 cap	Before bed		

Referrals and Testing:

Bloods - fasting in the morning. Please ask your GP for the following:

Iron Studies

CBC

E/LFT

Lipids

Vit D

TSH - T4 & T3

Fasting Glucose & Insulin

DHEA & cortisol

Female hormones including SHBG. - best to have blood drawn on day 3, or day 21 of your cycle.

Next Appointment: Thursday November 6th, 1:00pm TBC

