



TREATMENT PLAN

CLIENT: Dianna Dolman

DATE: 24/10/25

Practitioner: Leigh Gibbs

Hi Dianna,

Im really happy with your progress. Well done on your commitment too. As discussed, as a result of your bloodwork, we need to work on your liver health and try to bring down the inflammation.

I have added one more supplement to help reduce this inflammation and improve detoxification.

Leigh :)

TREATMENT AIMS:

1. Support liver function, health and detoxification
2. Reduce GIT inflammation and bloating.
3. Support mood and hormone balance.

Dietary /Lifestyle Requirements:

- Increase brassica vegetables and bitter foods. These are great for liver health and detoxification. Broccoli, brussel sprouts, cabbage, cauliflower, rocket, dandelion greens, bok choy.
- Choline is an important nutrient for our liver. Eggs are a rich source, as is meat, fish and dairy. Also shiitake mushrooms and quinoa.
- Please stop the lentils/legumes and anything else that is causing bloating.
- A good alternative source of protein is tofu. You could do scrambled tofu with veggies, as a breakfast option also. Or use in stir fry/ dinners.
- An option for breakfast could be bone broth also. Easy to cook yourself (can freeze portions) or buy some in a bottle and use a teaspoon in hot water and have as a soup. Best of The Bone brand is great.



SUPPLEMENTS:

- Increase fish oil to 2 caps per day. You may take at the same time.
- 2fl Mood Supplement: Please remember to take this supplement. It will help to heal the gut and reduce inflammation. Saffron is also a wonderful herb for mood. Take straight after breakfast and after dinner. It has no interaction with your antidepressant.

NEW:

- BioClinic Biome Clear - for liver support and detoxification (make sure water intake is optimal)
DOSE: 1 capsule with a glass of water, before bed.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzyme	1 cap	1 cap	1 cap	X		
BioActivated B M/W/F	1 cap				X	
OmegAvail Fish oil	1 cap		1 cap		X	
MagDuo			1 scoop	Take half an hour before bed		
HERBAL MEDICINE	5ml		5ml	After food		
2-FL Mood	1 tablet		1 tablet	Straight after food		
NanoCell Vit D/K2	1 spray			Any time is fine		
Biome Clear			1 cap	Before bed		

Referrals and Testing:

Bloods and blood pressure.

- Haemochromatosis Gene
- Fasting insulin and glucose.
- DHEA and morning cortisol
- Blood pressure

Next Appointment: in 3 weeks - approx Friday 14th November. TBC

