



## TREATMENT PLAN

**CLIENT: Halley Flanagan**

**DATE: 31/10/25**

**Practitioner: Leigh Gibbs**

Hi Halley,

As mentioned go as low and slow as you need with the sulforaphane. If the dose is well tolerated for 3 days, double it and continue for another 3 or 4 days then double that. Until we get up to 2 caps per day.

Leigh :)

### TREATMENT AIMS:

1. Reduce GIT inflammation
2. Reduce bloating
3. Reduce occurrence of headaches
4. Improve energy

### Dietary /Lifestyle Requirements:

- Eliminate any major food triggers. Try to follow the eating plan on the PDF attached. Stay away from the grains for the moment. Focus on fresh vegetables and protein.

### SUPPLEMENTS:

- **Designs for Health ZymeGest** - support breakdown and digestion of food to reduce bloating.

*DOSE: 1 capsule 3 x day, just before each meal.*

- **GFE Sulforaphane** - up regulate anti-inflammatory and anti oxidant defences.

*DOSE: 1/4 capsule, 1 x day mixed into food or drink. Any worsening of symptoms, reduce dose to a sprinkle. Take for 3-4 days then double that dose. Continue doubling every 3-4 days as you tolerate it. We want to work up to 2 caps per day.*

- **Interclinical MolyZinc** - assist in breakdown of sulphur and detoxification.

*DOSE: 1 capsule, 2 x day.*



- **Herbal Medicine** - support anxiety levels and nourish nervous system.

*DOSE: 2.5ml in a little water, 2-3 x day.*

#### Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
ZymeGest	1 cap	1 cap	1 cap	X		
GFE - titrate up	1/4 cap					X
MolyZinc	1 cap		1 cap			
Herbal Medicine	2.5ml		2.5ml	Take last dose in the late afternoon		

#### Referrals and Testing:

N/A

**Next Appointment:** 22nd November, 11:30am

