



TREATMENT PLAN

CLIENT: Ellyse Thomas

DATE: 17/10/25

Practitioner: Leigh Gibbs

Hi Ellyse,

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.

We need to vary your intake of nutrients to meet your energetic needs and stabilise blood sugar. Please focus on healthy lean protein and healthy fats at each meal. Carbs are important for energy and hormones too. Eat the bulk of your carbohydrates during the day. Smallest amount at night.

Please write down any foods that trigger bloating. Will give me an indication of where the imbalance is.

Leigh :)

TREATMENT AIMS:

STEP 1

1. Increase nutrient intake - diet
2. Support healthy digestion & daily bowel movements - herbs/diet
3. Support energy levels - diet/supplements
4. Support healthy iron levels - diet
5. Reduce GIT inflammation - diet/supplements

STEP 2

6. Repair gut and balance GIT microflora
7. Balance hormones and regulate cycle.

FOLLOW UP APPT

Assess progress and adjust as necessary.

Assess bloodwork.



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 between clients, even for 5 minutes, sunlight helps to regulate cortisol and our hormones.
- On rising, please swap your black tea with what we call an “adrenal cocktail” This will increase hydration and nourish your adrenals to start your day. Caffeine on an empty stomach spikes stress hormones and sets you up for energy crashes later in the day. Tea/coffee are also diuretics and dehydrating. They also deplete your body of vital minerals. Enjoy your caffeine drink 20mins after breakfast.
 - Adrenal cocktail - 150ml of coconut water, squeeze of lime juice (or lemon) and a tiny pinch of Celtic sea salt. Try to find a low sugar Coconut Water. The Woolworths one is good.
- BREAKFAST - is needed to nourish our bodies and fuel our metabolism. Breakfast is important as it kick starts our metabolism, helps regulate blood sugar and hormones, to begin the day.. Please try to enjoy a variety. Suggestions;
 - Quick bite before work could be kiwi fruit with a handful of nuts, or apple with nut butter. (Not peanut butter) Kiwi is very high in vitamin C which the adrenals need!
 - Overnight oats with full fat yoghurt, protein powder, berries, grated apple and some nuts and seeds for added fats.
 - Smoothies with fruit, full fat yoghurt, a 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)
- Increase your intake of ANTI INFLAMMATORY FOODS - VEGETABLES / LEAFY GREENS - please aim for 4-5 servings a day. EAT THE RAINBOW :)

1 serve = 1 cup salad veg or 1/2 cup cooked veg.

Vegetables contain numerous antioxidant phytonutrients, fibre and are anti inflammatory. Limit potatoes or sweet potatoes as they are high GI veg. A little is fine. Fibre also feeds the good bacteria in our digestive system, adds bulk to the stools and is like a cleaning aid for the GIT. It also helps regulate hormones and aids detoxification. If you like Rocket - this is an awesome green as it helps with liver and gall bladder function.
- NUTS & SEEDS - increase wherever you can. Very nutritious and good source of healthy fats to support hormone production.
 - Add 3 Brazil nuts to your afternoon snack to increase selenium. This is needed for healthy thyroid function.



- **DIET SPRITE:** - diet drinks contain numerous chemicals that are terrible for our gut health. Please switch to a sparkling coconut water, or Kombucha. Lots of flavours available now. Just keep in mind sugar content.
- **RED MEAT** - an important source of iron, B12, B6 and zinc. Please aim for 3 serves a week to boost iron production. 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 smoothies as it increase healthy fats and improves bowel function.
- **GARLIC & ONIONS** - I'd like to know if you react to these foods. Please cook with them and see if you bloat.
- **ZINC** - is a very important nutrient for hormones, immune system and stress responses. Eat lots of zinc rich foods - pumpkin seeds, hemp seeds, lentils, cashews, beans, shellfish (if you like it) meat.

SUPPLEMENTS:

- Continue with the supplements you have at home. The B complex is actually a nice formulation.
- Take your Withania after lunch. Once you've finished the Withania supplement, stop. And let me know. We'll use more specific herbs to your symptoms.
- Also email or SMS me when the 'Bowel Tonic' herb is finished. We'll touch base and see if you need added support.
- **DIGESTIVE TONIC** - to support digestion and absorption of nutrients
DOSE: 20drops in a little water, just before meals.
- **MAGDUO MAGNESIUM** - support a healthy stress response, energy, brain function and hormones.
DOSE: 1 scoop in 200ml water after breakfast (take to work)

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Activated B Complex	1 cap				X	
Mag Duo Magnesium	1 scoop					X
Digestive Herbal Tonic	20 drops	20 drops	20 drops	X		
Withania			1 cap			
Herbal Bowel Tonic	5ml		5ml	As prescribed		
Probiotic			1 cap	Before bed		



Referrals and Testing:

Bloods through this link:

- [Instant Scripts](#)

Click on Pathology at the top, then choose General Health. Fill out as prompted. Your script will be approved and emailed through in a short time. Simply take to any pathology centre to have the bloods taken. Please have them done fasting overnight. Only water in the morning. No other food or drink. This does not include hormones. You could order the PCOS test also (only \$24 too) it will give me a snapshot into your hormones.

If you decide to go to Dr Krista Talbot at Mermaid Family Practice, please ask for full bloods, especially Iron studies, Vitamin D, full female hormone tests, including Cortisol and DHEA, fasting insulin and glucose. Explain all your symptoms to her.

- NB. Its best to have hormones tested on Day 3, or 1 week before your period. (Usually day 21 - but will be different for you)

The other alternative is, I can order the hormone tests through an online pathology at a cost of \$189. It might end up being cheaper, as you will have to have another follow up appt with Dr Talbot to get results, which means 2 appointments.

Let me know what you decide. The Instant scripts is the cheapest.

Next Appointment: Friday 14th November 1:30pm

