



TREATMENT PLAN

CLIENT: STANLEY Kate

DATE: 6/11/25

Practitioner: Leigh Gibbs

Hi Kate,

After menopause, we want to support our bodies as best we can - especially our cardiovascular system, bone health and brain health to limit risk of degenerative disease.

We do this through supporting these body systems, improving digestive function, liver health, adrenal function and reducing inflammation and insulin resistance.

Nutrition is the foundation of our health. The foods we eat run our biochemistry and directly impacts our energy, mood, inflammation levels, gut health, and hormone balance. Choosing a wide variety of nutrient-dense, whole foods provides your body with the building blocks it needs to repair, regulate, and thrive.

I have attached a diet diary. Please list what you have eaten for a week and any symptoms that arise. This will give me an indication if there is a subset of food that is causing symptoms.

As suggested, I think it would be good to see your bloodwork to get a baseline. If you have a regular GP this is the best option as they can test for more markers, than the online option. I have listed what to ask for at the bottom of this form.

Leigh :)

TREATMENT AIMS:

STEP 1.

1. Improve digestion
2. Increase nutrient assimilation
3. Support nervous system

STEP 2 - Follow up Appointment.

4. Assess blood work and adjust treatment as necessary.

Dietary /Lifestyle Requirements:

- Practice doing 5 deep breaths before eating. This switches us out of flight or flight, so our digestion is working.



- **COFFEE** - Please make sure you enjoy your coffee AFTER breakfast. Coffee causes a spike in stress hormones and sets you up for crashes later in the day. Its also very dehydrating.
- **BREAKFAST** - food 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;
 - Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice. Lots of recipes online.
 - Overnight oats with 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 cholesterol levels and provide essential fatty acids for nervous system and brain health) + a non-dairy milk of your choice or coconut water.
 - Eggs - try to add a side of rocket with your omelette. Balances the meal.
 - Sourdough toast with avocado, sardines, sprouts, squeeze of lime juice salt and pepper.
- **ANTI INFLAMMATORY FOODS - VEGETABLES** - please aim for 4-5 servings of non-starchy vegetables a day. Dark leafy greens also. **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 binds to excess cholesterol and is anti inflammatory.
- **CALCIUM** - is a much needed mineral as we age. Good sources of calcium include: Bok choy, canned sardines & salmon with bones, sesame seeds, tahini, tofu, almonds, leafy greens, greek yoghurt. Aim for 4 serves per week minimum.
- **MAGNESIUM** - supports healthy nervous system, energy, muscular skeletal system and heart and brain health. Please increase your intake of pumpkin seeds, chia seeds, almonds, black beans, and dark leafy greens.
- **NIGHT SHADES** - please remove nightshades from your diet. These include eggplant, tomatoes, potatoes, okra, chilli, cayenne, capsicum.
- **BITTER FOODS** - bitters are wonderful for our digestion and liver. Please increase rocket, radishes, Brussel sprouts, olives, cabbage in diet.
- **LSA** - easy addition to meals for extra fatty acids and fibre to help balance cholesterol.

SUPPLEMENTS:

- Im happy for you to continue to take the Wellco Night Elixir if you like it. However, if your thyroid comes back as hypothyroidism, you'll need to stop it. It contains a herb contraindicated in Hypothyroidism.
- Please do not take the oregano oil. It is a very potent antimicrobial and destroys the microbiome and gut lining. It should to be prescribed under guidance for specific gut problems.
- The Triple Action Sleep support is a nice herbal formula. Use it when needed.



- The Bioceuticals Multi Essentials has poor usable forms of nutrients, so not a great formulation. But if you are under acute stress you can take it as prescribed.
- Spike Detox - cease taking this.

- **Digestive Enzymes Plus** - support healthy digestion and assimilation of nutrients.

DOSE: 1 capsule just before each meal

- **OmegAval** - reduce inflammation and support healthy nervous system, skin health and neurological function.

DOSE: 1 capsule, 2 x day with food.

- **Herbal Medicine** - support nervous system, adrenals and healthy cortisol levels. Reduce GIT inflammation and support liver function.

DOSE: 5ml in a little water, 2 x day after meals.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Digestive Enzymes Plus	1 cap	1 cap	1 cap	X		
OmegAval	1 cap		1 cap		X	
Herbal Medicine	5ml		5ml			X

Referrals and Testing:

GP for bloodwork.

Please ask for the following bloods. Dont forget to get a blood pressure reading too.

- Iron studies
- CBC
- E/LFT
- Lipids
- Vit D
- Thyroid: TSH - T4 & T3 & rT3. Auto Antibodies also.
- B12
- Fasting Glucose/ insulin HBA1c.
- DHEAs

Referral for Bone Density Scan - good to monitor for Osteoporosis.

Next Appointment: 3 weeks time. 27th November 1pm. TBC

