



## TREATMENT PLAN

**CLIENT: Charlotte Pearce**

**DATE: 7/11/25**

**Practitioner: Leigh Gibbs**

Hi Charlotte,

The food we eat runs our biochemistry. Nutrition is the foundation of our health, especially during times of dis-stress and life's challenges. Food 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.

As mentioned there is a lot going on with your little body. We need to move slowly to nourish your body and allow the healing to happen.

For this consult, I simply want you to work on your morning routine/breakfast. And make sure you are having protein and non starchy vegetables at every meal. Include fish 2 x week and red meat 3 x week. If you know what foods cause discomfort, remove them from your diet. (I know you are bloated most of the time, but if there's any particular food groups ie dairy, rice, bread, garlic, onions broccoli etc, remove)

As we heal the gut and address any mould issues, you will start to tolerate more foods and feel better - be more energised and your mood will improve. But the foundations matter. Please try to follow the plan below as best you can.

I have listed what to ask for at the GP below. Once you have the results back, please forward to me.

Leigh :)

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### TREATMENT AIMS:

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#### STEP 1 - GUT HEALTH & NERVOUS SYSTEM: 6-10 weeks.

1. Reduce bloating and discomfort - supplements
2. Reduce inflammation - diet/supps
3. Improve nutrient intake - diet
4. Support nervous system - supplements/herbs

#### STEP 2 - ADDRESS MOULD/DETOXIFICATION

#### STEP 3 - HORMONE REGULATION & SKIN HEALTH



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## Dietary /Lifestyle Requirements:

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- 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.
- Please enjoy your coffee AFTER BREAKFAST. Caffeine on an empty stomach spikes stress hormones and sets you up for energy crashes later in the day. Tea/coffee are also diuretics, dehydrating and deplete your body of vital minerals.
- Switch to an 'Adrenal cocktail' first thing in the morning - 200ml of coconut water, squeeze of lime juice (or lemon) and a pinch of Celtic sea salt.
- 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 and include protein. Suggestions;
  - Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice.
  - 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 coconut yoghurt, protein powder, berries, grated apple and some nuts and seeds for added fats.
  - Smoothies with frozen fruit, a protein 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 or coconut water.
  - 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.
  - Sourdough toast with avocado, sardines, sprouts, squeeze of lime juice salt and pepper.
- PROTEIN - please include good quality protein at each meal, each day.. Eating protein and healthy fats each meal, balances blood sugar, cortisol and stops carbohydrate/sugar cravings.
- Have sunlight breaks during the day. - 20 mins in the sun mid morning or mid afternoon for Vit D.
- Stay off screens 1 hour before bed.

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## SUPPLEMENTS:

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Stop the Sodii electrolytes

- Bio Activated Bs - you already have - helps support nervous system, energy production, mood and hormones

*DOSE: 1 cap 3 x week M/W/F*



- Orthoplex Hydrozyme - support digestion and nutrient intake.  
*DOSE; 1 cap at the start of each meal*
- GI Revive - to reduce bloating, soothe gastrointestinal tract & improve bowel motions.  
*DOSE: 1 scoop in 200ml water, 2 x day - after breakfast and after dinner*
- Designs for Health Tri Mag Restful Night - to settle nervous system and support healthy sleep.  
*DOSE: 1 scoop in 200ml water 1hr before bed.*

#### Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Hydrozyme	1 tab	1 tab	1 tab	X		
GI Revive	1 scoop		1 scoop			X
BioActivated Bs. M/W/F	1 cap				X	
Herbal Medicine	As prescribed					
Tri Mag Restful Night			1 scoop	1 hr before bed.		

#### Referrals and Testing:

Please visit your GP - breath test for H-Pylori also stool test for parasites/pathogens.

Bloods - please ask for the following:

- Iron Studies
- CBC
- E/LFT
- Lipids
- Vit D
- TSH - T4 & T3, rT3. Auto Antibodies TPO & Thyroglobulin
- B12
- Fasting Glucose/ insulin HBA1c.
- HORMONES - estrogen, progesterone, LH, FSH, Testosterone, DHEAs (PCOS testing)

**Next Appointment:** Thursday 27th November 5pm. TBC

