



TREATMENT PLAN

CLIENT: Tamara Stanley

DATE: 13/11/25

Practitioner: Leigh Gibbs

Hi Tamara,

Really pleased you've had some good results in such a short time.

As mentioned, please continue writing down what may be causing digestive symptoms. Including loose stools. And please send to me before next appointment.

I won't change the herbal. Its a great blend for you. Instead I have made you a herbal tea blend. Please enjoy a cup nightly. Will help with fluid balance. And may even help with the menstrual pain a little.

Leigh :)

TREATMENT AIMS:

STEP 1

1. Reduce GIT inflammation & bloating - herbs/diet
2. Support energy levels and stress response - supplements /diet
3. Support liver and detoxification - herbs /diet / supplements.

NEXT APPT:

Assess progress and make adjustments as necessary.

STEP 2

4. Heal GIT and balance microbiome
5. Continue to reduce inflammation and balance hormones
6. Support healthy weight management.

Dietary /Lifestyle Requirements:

- Please continue with all the suggestions from the last treatment plan. The more variety of plant food you can eat, (non starchy vegetables) the healthier your microbiome will be and the inflammation and oxidative stress load in your body, will reduce.



- With your lunch and dinner meals, aim to have at least a fist full of lean protein, 1/4 plate complex carbohydrates (starches, grains, potatoes etc) some healthy fats and half the plate coloured plant food.
- **THYROID** - Your thyroid is struggling a little. Please include in your diet, some of the following:
 - Iodine rich foods** - Kelp flakes, oysters, mussels, iodised salt. 2 to 3 serves a week.
 - Selenium** - please eat 3 Brazil nuts a day. These are very high in selenium.
 - Zinc rich foods** - pumpkin seeds, oysters, meat, cashews, lentils, chickpeas.
- **Fluid Balance Tea Blend** - enjoy any time of day. Place 2 tsp in a tea strainer and steep in boiling water for 5 mins. Covered preferably, to keep the plant compounds from evaporating.

SUPPLEMENTS:

Continue with current supplements/herbs

NEW:

Metagenics Hemagenics Iron Maintain - increase iron levels to support energy, mood and wellbeing.

DOSE: 1 capsule on an empty stomach, before breakfast.

Supplement Schedule:

| SUPPLEMENT NAME | MORNING | MIDDAY | P.M | BEFORE MEAL | WITH MEAL | AFTER MEAL |
|------------------------|---------|--------|-------|-------------|-----------|------------|
| Digestive Enzymes | 1 cap | 1 cap | 1 cap | X | | |
| Iron Maintain | 1 cap | | | X | | |
| MagTaur Xcell | 1 scoop | | | | | X |
| Herbal Digestive Tonic | 5ml | | 5ml | | | X |
| Fish oil | 1 cap | | 1 cap | | X | |
| GutMX - your product | | | 1 cap | Before bed | | |
| | | | | | | |

Referrals and Testing:

N/A

Next Appointment: 4th December, 1pm.

