



## TREATMENT PLAN

**CLIENT: Anika Donnelly**

**DATE: 14/11/25**

**Practitioner: Leigh Gibbs**

### TREATMENT AIMS:

1. Normalise bowel function
2. Support nervous system.

### Dietary /Lifestyle Requirements:

- GLUTEN FREE
- Enjoy a small amount of dairy. Any symptoms, stop.
- Eat zinc rich foods - nuts/ seafood / pumpkin seeds. Every day.
- Selenium - eat 3 Brazil nuts per day for adequate selenium.
- Potassium - have some coconut water every day. Bananas, oranges, mangoes, pomegranate, leafy greens, sweet potato, potato, salmon are all high in potassium.
- Increase your consumption of plant protein - beans, lentils, chickpeas, tofu. Go slowly though as these foods can trigger bloating. They are one of the fibres we had to remove from your diet when you were on the BiPhasic diet. Try one at a time - ie 1 serving every few days just to build tolerance.
- Limit beef to 2 x week. Eggs only a few times a week also.
- Eat more fish and healthy fats and plenty of coloured veg!
- Epsom Salt Baths - enjoy 1 or 2 a week. 1/2 - 1 cup salts in a bath.

### SUPPLEMENTS:

**GFE Sulphoraphane** - please try to be consistent with this product.

*DOSE: 1 cap per day, for 1 week, then increase to 2 caps per day for 2 weeks.*



**BioHeme Iron** - increase iron levels.

*DOSE: 1 cap every 2nd day - M/W/F/Sun*

**Herbal Medicine** - Nervous system and adrenal support.

*DOSE: 20drops/1ml, in a little water 2 x day.*

**\*\* Gemmune IB** - restores gut immune function - start this after 3 weeks on the GFE.\*\*

*DOSE: 1 cap per day on an empty stomach.*

#### Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioHeme. M/W/F/Sun	1 cap			X		
GFE Sulphoraphane	1 cap				X	
Herbal Medicine	20 drops		20 drops			X
<b>**Gemmune IB start in 3 weeks</b>	1 cap			On an empty stomach		

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#### Referrals and Testing:

N/A

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**Next Appointment:** Just before you head to Fiji!

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