



TREATMENT PLAN

CLIENT: Nancy De Losa

DATE: 15/11/25

Practitioner: Leigh Gibbs

Hi Nancy,

As mentioned, as we head into menopause, we want to support our cardiovascular system, nervous 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.

Leigh :)

TREATMENT AIMS:

STEP 1.

1. Support nervous system and adrenal health
2. Reduce hot flashes
3. Improve energy levels.

FOLLOW UP APPT:

Assess pathology 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.
- 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.
- On rising, please enjoy a cup of Dandelion Root tea. This will stimulate gastric secretions and support liver function, to start your day. Then enjoy your breakfast. Caffeine on an empty stomach spikes stress hormones and sets you up for energy crashes later in the day. Please enjoy 20mins after breakfast.
- BREAKFAST - 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.
- Overnight oats with coconut 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 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.
- GF toast with avocado, sardines, sprouts, squeeze of lime juice salt and pepper.
- ANTI INFLAMMATORY FOODS - VEGETABLES - please aim for 4-5 servings a day. EAT THE RAINBOW :) Dark leafy greens also. If having eggs for breakfast, include a side of rocket or spinach.
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 but best to eat earlier in the day. 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 toxins.
- CALCIUM - is a much needed mineral as we go through menopause. Good sources of calcium include: Bok choy, canned sardines & salmon with bones, sesame seeds, tahini, tofu, almonds, leafy greens. Aim for 4 serves per week minimum.
- BITTER FOODS - bitters are wonderful for our digestion and liver. Please increase rocket, radishes, Brussel sprouts, olives.
- LSA - linseed, sunflower, almond meal is a great option to increase healthy fats, balance cholesterol and improve bowel function. You can add to smoothies, or yoghurt.
- BLOATING - any foods that cause bloating and discomfort, remove for the moment. As we start to heal the gut, you will be able to tolerate these foods again.

SUPPLEMENTS:

Dandelion Root Tea - steep 1 or 2 teaspoons in boiling water for 5 mins. You may have this before dinner also, as it assists greatly with digestive function.

Estrovera - reduce hot flashes, support mood and libido.

*DOSE: 1 tablet daily with a meal. **take 2-3 hours away from your medication***

GFE Sulphoraphane - reduce bloating and digestive symptoms. Reduce inflammation and support detoxification

DOSE: 1 capsule before bed. Take for 1 week. If well tolerated increase dose to 2 caps daily, am & pm. (If you experience any digestive symptoms ie loose stools, cramping, drop to 1/2 the dose and titrate up until you can tolerate 2 capsules daily.)



Herbal Medicine - support nervous system, adrenals & liver health.

*DOSE: 2.5ml in a little water, 2 x day. **take 2-3 hours away from your medication***

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Dandelion Root Tea	1 cup		1 cup	X		
Estrovera **		1 tablet			X	
Herbal Medicine **	2.5ml		2.5ml	Any time is fine - away from meds.		
GFE Sulphoraphane			1 cap	Before bed		

Referrals and Testing:

GP for bloods. Here is a list of pathology to request:

- Iron studies
- CBC
- E/LFT
- Lipids
- Vit D
- TSH - T4 & T3, rT3, Autoantibodies.
- B12
- Homocysteine
- Fasting Glucose/ insulin
- HBA1c.
- DHEA
- Cortisol

Next Appointment: December TBC

