



Treatment Plan- June Lewiston

21/11/2025

The following recommendations aim to address the main focus of our consultation which was to reduce chronic seasonal allergy symptoms. Also, to consider other ways to assist in managing type 11 diabetes.

Recommendations- Herbal Tincture

Commence the following herbal tincture formulated to reduce allergic reactions, strengthen immunity and reduce inflammation.

Herbs included:

Nettle Leaf (*Urtica dioica*)- an anti-allergic, anti-inflammatory, antioxidant and nutritive useful in reducing allergies, inflammation and protecting cells from free radical damage. It also contains high amounts of chlorophyll and a range of vitamins and minerals including iron, β -carotene and vitamin C.

Chamomile (*Matricaria chamomilla*)- an anti-allergic, antioxidant and anti-inflammatory useful in reducing allergies, inflammation and protecting cells from free radical damage

Turmeric (*Curcuma longa*)- a powerful anti-inflammatory and immunomodulator useful in chronic inflammatory conditions. It's also an antioxidant, useful for protecting cells from free radical damage. May also be useful in managing type 11 diabetes and IBS.

Ginger (*Zingiber officinale*)-an anti-inflammatory, immunomodulator and circulatory stimulant which helps to improve circulation and increase blood flow.

Dosage: 5 mls 1x per day with food (can increase to 2x per day in second week of treatment).

Recommendations- Other

- Ensure following blood tests are included in your next routine blood test (along with your usual tests)- lipid profile (including ApoB if possible) active vitamin D, active vitamin B12 & folate, TSH, iron studies.
- Consider reducing dairy intake until allergic symptoms subside (e.g. replace 1-2 coffees per day with herbal tea or black tea).
- A wholefood approach to eating is recommended and avoid processed foods. As a basic guide only, include lots of vegetables, fruit (limit), good fats (e.g. olive oil, avocado, almonds), protein (e.g. eggs, handful of nuts/seeds, legumes such as lentils and chickpeas, Greek yoghurt, lean meat), oily fish where possible (e.g. sardines, salmon) and wholegrains (limit).

- Reduce intake of processed and high sugar foods.

Foods to Avoid (high in sugar)

- Soft drinks, fruit juice, flavoured milk and sweetened yoghurt, sugar, sweeteners
- Cakes, biscuits, pastries, lollies, chocolate, muesli bars, sweetened cereals and muesli
- Dried fruit

Saturated and Trans-fat containing foods to avoid:

- Fried food
- Processed meats (salami, sausages, bacon)
- Foods containing vegetable oil such as mayonnaise and margarine
- Incorporate some weight bearing exercises into your weekly exercise routine (using your own body weight or small hand weights) to improve muscle strength.
- Maintain a healthy bedtime routine which may include:
 - Having a regular sleep time (where possible)
 - Trying to get to bed by 10pm
 - Ensuring daily sunlight exposure of 30-60mins (esp. morning sun, in conjunction with sun smart practices)
 - Avoiding scheduling too many activities at night which may leave insufficient time to wind down
 - Stopping all activities that require concentration or cognitive behaviour at least 30mins before bedtime (in particular phones, computers)
- Maintain adequate fluid intake of approx. 2L per day. The amount you need is based on your size, environment and level of exertion so it is a guide only. Adequate water intake helps to eliminate toxins and aids digestion.

Follow up Appointment

At this time, we will review your symptoms, herbal formula and current treatment plan. We can also consider the following if time permits:

- Review and further refine nutritional intake to reduce processed foods, ensure adequate fibre, protein, vitamins/minerals and regulate blood sugar.
- Support and improve overall gut health and IBS symptoms
- Improve sleep

Future considerations

- Discuss possible histamine contributing to hay fever symptoms and provide additional information.
- Review current supplements
- Consider herbal tincture to assist in regulating blood sugar (while closely monitoring blood sugar daily if still taking Metformin)
- Provide additional nutritional advice to assist in regulating blood glucose
- Consider self-care strategies to manage stress and improve sleep