

# Treatment Plan

**DATE:**

4<sup>th</sup> November 2025

**NAME**

Clay Hart

**DURATION**

2 weeks

**OBJECTIVE**

*Replete adrenals, Stress adaption, regulate circadian Rhythm, methylation support, mental clarity, improve sleep quality. Improve microbiota balance*

Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
Herbal		7.5mls				7.5mls			
MagTaur xcell		$\frac{3}{4}$ scoop							
S.Bifido Biotic		1				1			
Rejuvacalm									1-2

**DIET & LIFESTYLE**

**Focus on good clean proteins + veg + good fats with every meal**

**Avoid all refined carbohydrates and sugars**

**Reduce caffeine to 2 coffees daily and always with food. No other caffeinated drinks ie coke zero**

**Increase water intake, add pinch of quality celtic/sea salt to water couple times a day.**

**Strictly no seed oils**, trans or hydrogenated fats. Only consume olive oil, ghee, coconut oil

**No extreme exercise regimes.**

**Full Bloods to include** – Electrolytes, Kidney markers, liver enzymes, fasting blood glucose and insulin, cholesterol triglycerides, full blood count, Iron studies (iron, ferritin, B12, folate) Thyroid, Vitamin D, Zinc, Cortisol, DHEA, Testosterone, free testosterone. Ensure you are fasted 10-12 hrs, hydrated and rested prior to blood draw

**Nutripath pathology** – male hormone and adrenals

**NEXT APPOINTMENT**

2 weeks