



Kerrie Brown

Treatment Plan

Practitioner	Kit Tomlinson
Appointment	2 Aug 2023, 11:00AM
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Health Goals

Health Goals

1. Reduce stress levels by reducing excessive cortisol production through herbs and diet modification.
2. Continue supporting gall bladder health through herbs and diet.
3. Stabilize energy levels throughout the day by balancing blood sugar through diet and lifestyle.

Dietary Advice

Dietary Advice

As we discussed, it is best to eat breakfast within an hour of waking to help reduce a cortisol spike and to balance blood sugar. This will help your metabolism over time and improve energy, mood and hormones.

Additionally, it is ideal to consume coffee after breakfast to further prevent a cortisol spike. If your appetite is reduced in the morning, having just a protein bar can make a world of difference.

Further, it is likely you are still not getting enough calories to fuel your body and support your stress response. Incorporating more protein with your soups is a wonderful idea as well as having protein shakes and bars between meals.

Keep up the great work with lemon water and beetroot juice. Some additional liver/ gall bladder supportive foods are celery (especially the seeds) and parsley. Incorporating these into your diet will also be beneficial to help prevent gall stone formation and reduce the size of the current ones.

If you like herbal tea, I can also recommend the Liver cleanse tea from Love Tea. This brand is sold in Just Healthy. They may also be able to help you source a beetroot juice.

Lifestyle Advice

Lifestyle Advice

Sometimes when the liver is overburdened with detoxifying excess hormones and toxins, the lymphatic system can get overloaded. Exercise is a wonderful way to increase lymphatic circulation and clearance, another very effective treatment is warm foot baths. Placing your feet in warm water boosts lymphatic circulation 100 x ! That is even more than exercise. So now you have a great excuse to enjoy a nice warm foot soak and relax. You can add in magnesium bath salts or bentonite clay for some added detoxification and relaxation support (maybe some lavender oil too!).

20 minutes is an ideal amount of time to fully get the lymphatic system pumping. You can use this time to also focus on calming the mind and doing some deep breathing exercises to support your body to switch from 'fight/ flight' mode to 'rest/digest' mode.

Words of wisdom

Words of Wisdom

You're discipline and dedication to bettering your health is inspiring ♥

Prescription

Prescription

Herbal Formula:

St. Mary's thistle 60 ml

Globe artichoke 40 ml

Rehmannia 60 ml

Rhodiola 40 ml

Total 200 ml. Take 7.5 ml twice a day in a small amount of water.

Designs for health - Trigandha: take 1 capsule morning and night.

Referrals / Further Investigations

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If possible to send through a copy/scan of recent pathology to email, that would be great.