



Mr Aidan Bingham

Treatment Plan

Practitioner	Kit Tomlinson
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Health Goals

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1. Reduce frequency and severity of cough by reducing mucous formation.
2. Prevent relapse of cough by improving immune system function.
3. Reduce stress and anxiety by reducing cortisol and supporting nervous system function.

Dietary Advice

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To help reduce the mucus in your sinus and lungs, consume these foods in abundance:

Garlic

Onion

Horseradish

Wasabi

Honey

Lemon

Grapefruit

Ginger

- Lemon, ginger and honey tea is great at breaking up mucus.

I would also recommend consuming cod liver oil daily. This has naturally occurring vitamin A and D which is very helpful for the immune system function and preventing recurrence of infection. It is also rich in omega 3, which supports the hydration of mucus membranes. I recommend the Nordic naturals brand.

Zinc is also necessary for the immune system.

Some food sources include:

- Seafood
- Meat
- Sesame seeds
- Pumpkin seeds

- Green vegetables

Eating these foods every day will help to improve immune function.

Lastly, I would also recommend increasing daily intake of fruits and vegetables to give the body essential micronutrients to support optimal health and recovery. For example: a handful of blueberries after dinner and a kiwifruit after breakfast are great little additions.

Lifestyle Advice

Lifestyle Advice

Having an ongoing health issue can place some burden on the lymphatic system. 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!).

Words of wisdom

Words of Wisdom

Setting goals is the first step in turning the invisible into the visible.

Prescription

Prescription

Herbal formula - for lung clearance, cough reduction, immune support, anxiety reduction, stress reduction. 7.5 ml, morning and night.

NAC - to help break down and clear mucus from lungs. 1 capsule a day (anytime).

Referrals / Further Investigations

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