



Ali Reynolds

Treatment Plan

Practitioner	Kit Tomlinson
Appointment	24 Apr 2023, 2:30PM
Created	24 Apr 2023, 6:36PM
Last updated	24 Apr 2023, 6:56PM

Health Goals

Health Goals

1. Reduce severity of allergic response in the body.
2. Improve immune system function to eliminate recurrent ear infection, UTI and E.coli.
3. Reduce brain fog
4. Improve stress response by downregulating cortisol.

Dietary Advice

Dietary Advice

Your diet is wonderfully balanced, I would encourage to have that last meal of the day to help balance blood sugar which will in turn balance cortisol levels in the body (and thereby further inducing healing).

Low sodium in the body is usually caused by diarrhea, excessive sweating and chronic stress. Having low serum sodium levels can cause brain fog and fatigue. Adding either Himalayan salt or Celtic sea salt to your water (half teaspoon to 500-1000 ml water) will help to increase levels in the short term. Addressing stress levels will support adrenal function and in turn improve sodium retention (I encourage you to take the Ashwagandha everyday).

Your low bicarb levels are either from diarrhea or kidney impairment (perhaps because the E. coli affected your kidneys). Having low bicarb levels is also an indication of acidity in the body. The anion gap also measure acidity and yours was high.

This is likely due to an electrolyte imbalance due to low sodium. Magnesium, potassium and calcium alongside sodium are alkalizing minerals. With sodium and magnesium supplementation it should address this acidity. Another thing is that fasting also generates acidity in the body, so during this time of healing and rebalancing it is not recommended.

Another thing is that your cholesterol is a bit raised. As you have embraced more of a keto diet it is important to be aware of this. Opt for lean cuts of meat and be moderate with the

oils in your coffee. It is ideal to incorporate organ meats into diet (if palatable for you!) as these are usually lean and are mineral rich.

It is likely that the elevated iron saturation was from the supplement but need to keep an eye on.

Lifestyle Advice

Lifestyle Advice

It is hard as a busy single mum to find time for you! But I do encourage that everyday you carve out some time to practice mindfulness and deep breathing. Not only does this calm the body and nervous system but it helps to oxygenate the body which helps with acidity.

Words of wisdom

Words of Wisdom

You are on the right track!

Prescription

Prescription

Referrals / Further Investigations

Referrals / Further Investigations

GI map, MTHFR and homocysteine test requests via email.