



Ali Reynolds

Treatment Plan

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| Practitioner | Kit Tomlinson |
| Appointment | 9 Jun 2023, 3:00PM |
| Created | 11 Jun 2023, 3:14PM |
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Health Goals

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1. Reduce frequency and severity of chest tightness and heart palpitations.
2. Increase low beneficial bacteria in the gut with pre and probiotics.
3. Support liver and lymphatic detoxification, opening channels of elimination in preparation for future microbiome alterations.

Dietary Advice

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Keep up the great work with your healthy eating. To support healthy methylation and increase folate levels, I encourage you to include more cooked leafy greens. This can look like some cooked spinach with your eggs or bok choy at dinner.

Including some prebiotic fibre such as PHGG (particularly good for increasing Bifidobacterium), inulin or pectin will help to keep good bacteria alive.

If you would like us to order in one or a mix of prebiotic fibers, let me know. They can be added to smoothies or drank on their own.

prebiotic fiber is also present in:

- Garlic
- Banana
- Okra
- Artichokes
- Onions
- Oats
- Apples
- Onion

Lifestyle Advice

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Dry Brushing is a helpful tool especially when your lymph nodes are up.

Follow along this YouTube demonstration to learn the pattern and steps to using a dry

brush.

[lymphatic dry brushing](#)

Words of wisdom

Words of Wisdom

Healing takes time. Your patience is admirable.

Prescription

Prescription

Some herbs that may assist in reducing the severity of heart palpitation and chest tightness are Hawthorn and Motherwort.

You can purchase this in a liquid form or tablet form.

Referrals / Further Investigations

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