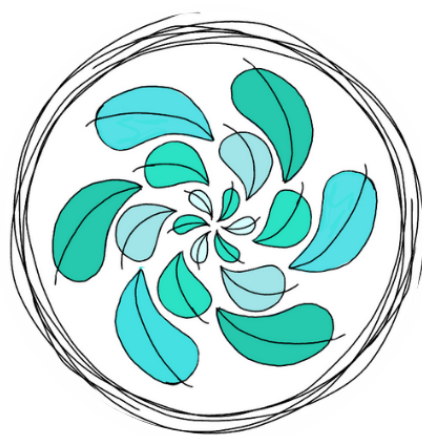


# HEALTH CARE PLAN

Christopher Auty



# Wholefood and Wellness Health Care

**Name:** Christopher Auty

**Date:** 22/05/2023

**DOB:** 08/1972

11A Paltorra Road

Nollamara, 6061

0400418788

## Goals

- Balance Lifestyle and Health
- Health Mentor
- Improve and stabilize energy levels and mental capacity

## Health Concerns

- Adult onset ADHD
- Prostate Health
- Cholesterol levels
- Blood Pressure
- Heart rate

## Symptoms

|                       |                        |
|-----------------------|------------------------|
| Thinning/brittle Hair | Stress. Major/multiple |
| Muscle degeneration   | ADHD                   |
| Digestive noise       | Brain Fog              |
| /bloating/discomfort  | Body Overheat.         |
| Joint health          | Frequent urination     |
| Poor bowel clearance  | Underlying Infections  |
| Food Intolerances     |                        |

## Vision

- Balanced dense nutrition to support body systems. Including Muscular, Nervous and Cardiovascular health
- Lifestyle recommendations that are sustainable and simplified.

## Recommendation

- \*Personalised Nutritional Meal Plan
- \*Lifestyle Guidance & Stress Management
- \*Further Functional Medicine Tests
- \*Professional Supplements

## Costings and Value

### \*Initial Naturopathic Consultation

[Comprehensive health assessment with relevant health guidance to implement today. \$160.00]

### \*Follow- Up consultation - pay as you go-

[Health Care Plan delivery. 45 minutes \$95.00]

### \*Blood Pathology Assessment to be provided

### \*Hair Tissue Mineral Analysis

Heavy Metal Report and Nutritional Analysis to compliment and direct health plan \$280.00

### \*Wholefood Meal Plan inclusive (valued at \$250)

### \*Lifestyle Guidance and Heath Coaching

### \*Recipe Ideas

### \*Handouts

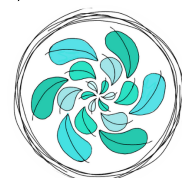
### \*Access to Myself over the course of your plan. [via Email or Text for quick responses only]

### \*Supplement Recommendation

### \*Access to Private Facebook Group [for Support between appointments]

**Cherish Yourself**

*Jodie Studley*



**Recommended 6 month ongoing support**

Jodie Studley - Naturopath @ Cherish Natural Health

## Reset Health.

### Setting eating and lifestyle patterns to improve nutritional uptake

- Increase dense nutrition and balanced meals [protein, carbohydrates, fats]
- Establish eating pattern/style. [3xmeals. no snacking]
- Increase water intake and hydration
- Supplements according to HTMA recommendations
- Review past blood pathology

### Dietary mindfulness

- tea/coffee 30 minutes after meal
  - An apple at lunch
  - 3 litres of water per day = 12 cups
  - No snacking
- 
- Organise kitchen and relook at pantry items.
  - Storage and meal preparation
- 
- increase vegetable selection/variety/colours
  - protein every meal = meat, cheese, yoghurt, pulses, nuts/seeds
  - fat every meal. = 30mls = 1 tablespoon



# Meal Planning Strategy

**Breakfast:** apple cider vinegar or lemon juice before meals to improve digestion

1 cup YOGHURT

Mango

Blueberries

30ml oil

Savoury mince (1cup)

Sourdough bread

30ml oil

Scrambled eggs

Mushroom

spinach

onion

30ml oil

**Lunch** include nutritional yeast over meals to increase vitamin B intake

Chickpea mash

Sauerkraut

Avocado

Ryvita crackers

30ml oil

Cheese

-Roasted Vegetables

Sourdough bread

30ml oil

Chicken salad wrap

spinach

carrot

cucumber

tomato

30ml oil

**Dinner** avoid fruit at night time

Sirloin steak

-Roasted root vegetables

-Quinoa

30ml oil

Barramundi

-Fresh salad.

-Brown rice

30ml oil

Pork Fillet

-Steamed cruciferous  
vegetables

-Lentil pasta

30ml oil

## PROTEIN SNACK IDEAS

- nuts and seeds

-Almond Butter  
or ABC butter

-Hummus dip

-cashew and herb dips -  
olive oil

## WATER

3 liter per day  
= 12 cups per day

20 minutes before or after  
meals

### Avoid

fermented drinks  
sugar drinks  
fruit juices

## COFFEE

sugar free  
alternative milk option.  
Oat/almond

## HERBAL TEA

peppermint, chamomile,  
dandelion,, green tea



**Savoury Mince Breakfast:** prepare on the weekend.

Make enough for a few meals and store in fridge.

Reheat quickly on the stovetop with a table spoon of added olive oil. Add to toast.

Mince beef/pork

onion, garlic, tomato paste, water

carrot, zucchini, cauliflower, butterbeans,

cumin, coriander, paprika, salt, pepper,

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**Scramble Egg Breakfast:** prepare the night before and store in the fridge.

Place all ingredients into a bowl stirred and ready to go.

Add a table spoon of olive oil. Add to toast.

2 eggs

oat milk

onion,

mushroom. [diced]

spinach/silverbeet. [chopped finely]

salt, pepper.

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**Chickpea Mash:** prepare the night before and store in the fridge.

Place all ingredients into a bowl mashed and ready to go.

Add a tablespoon of olive oil. Add to Ryvita crackers

1/2 tin rinsed chickpeas [mash with a fork]

1/2 avocado [mashed]

onion and garlic, [finely diced/crushed]

spinach/silverbeet. [chopped finely]

sauerkraut [spoonfull]

salt, pepper.

cumin, coriander, paprika, cayenne pepper

lemon juice

---

**Cheese and Vegetables:** prepare the night before and store in the fridge.

Place all ingredients into a container ready to go.

Add a table spoon of olive oil. Add to toast.

example: Hauloumi, Cottage, Goat Cream Cheese,

left over roasted vegetables - pumpkin, sweet potato, carrot, red onion, brussel sprouts,

## SUPPLEMENT RECOMMENDATION

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|                 |  |
|-----------------|--|
| Aden Complex:   | 2 tablets - 3 times a day with meals             |
| Para Tone:      | 1 tablet - 2 times a day + 2 at night with meals |
| HCL support:    | 2 tablets - 3 times a day with meals             |
| Gluco-Chrome:   | 2 tablets - 2 times a day with meals             |
| Magnesium plus: | 1 tablet - 2 times a day with meals              |

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### **Para-sympathetic Nervous System**

The parasympathetic nervous system helps your body relax and recover. It does the opposite of the fight-or-flight response. When it is active, it slows down the heart rate, lowers your blood pressure, helps with digestion, regulate sleep, bathroom control. Its main job is to keep your body in balance and help you rest.

When you reach burnout, which is a state of chronic physical and emotional exhaustion due to prolonged stress, the functioning of your parasympathetic nervous system may be affected. Burnout typically involves an imbalance in the nervous system where the parasympathetic nervous system becomes underactive.

As a result, the system does not function as effectively as it should.

This can lead to difficulties in relaxation, rest and recovery. Your heart rate may remain elevated, blood pressure may be higher than normal and digestion may be affected, resulting in issues such as indigestion or appetite changes. Sleep disturbances may also occur, making it harder for you to get restful sleep.

This level of burn out contributes to physical and emotional symptoms experienced during this state of exhaustion.

### **Malnutrition:**

Overall, the nutritional ratios are all very low indicating malnutrition across the board. This means, from a dietary perspective we are needing to increase dense nutrition on all Macronutrients [Protein. Carbohydrates. Fats] to get a wide variety of all the different vitamins, minerals and phytonutrients required to fuel the cells of the body and support the burnout from chronic stress and exhaustion.

If left untreated the body will continue to crash and burn out and mental capacity may continue to decline.

### **AIM:**

**Balance the adrenal function, nervous system, B12 cobalt, electrolytes**



# Nutritional Strategy

## PROTEIN

### ANIMAL PROTEIN

- Beef
- Chicken
- Turkey
- Fish
- Pork
- Eggs

### DAIRY

Greek yoghurt,  
  
Goat/sheep cheese  
Ricotta/cottage/mozzarella  
Haloumi, Parmesan, pecorino,  
Coconut cream/milk tinned

### PULSES/LEGUMES:

- Chickpeas,
- Lentils,
- Kidney beans,
- Butterbeans

### NUTS AND SEEDS:

Almonds, pecans, macadamia,  
brazil, pistachio, cashews etc  
\*\*Avoid peanuts\*\*

Sunflower, sesame, pepitas,  
Chia seeds, linseeds,

## VEGETABLES

Eat the Rainbow every day

Avocado  
Broccoli  
Brussel sprouts  
Beans  
Beetroot  
Cabbage  
Carrots,  
Cauliflower  
Chinese greens  
Kale  
Spinach  
Silver beet  
Sweet potato  
Pumpkin  
Zucchini  
Red onion  
Leek  
garlic

## FRUITS

Apples  
Pears  
Melons  
Mango  
Pineapple  
Kiwi  
Berries  
Stone fruit  
Persimons  
Prunes

## FATS

### OILS: 30 mls every meal

- Extra virgin olive oil
- Ghee
- Coconut
- Avocado oil
- Flaxseed oil
- Butter

### GRAINS

Brown basmati rice  
Wild rice (red/black)  
Quinoa

### BREADS

Brown rice crackers  
Ryvita crispbread  
Rye bread 100%  
Spelt bread  
\*\*avoid wheat\*\*

### PASTA ALTERNATIVES

Red lentil pasta  
brown rice pasta  
chickpea pasta  
green pea pasta  
\*\* avoid wheat \*\*

## COOKING TIPS:

- slightly steam /cook your vegetables
- Oven roast
- Stirfry
- Limit raw vegetables
- Meal prep
- limit frozen meals
- fresh herbs + spices to flavour
- balsamic vinegar to cook in.



# Lifestyle Strategy

## SLEEP

## STRESS

## ENERGY

## MOVEMENT

## ROUTINE





# NOURISHING WISHES.

Welcome Chris



I am so excited to be a part of your ongoing health and well-being.  
Your Health Care Plan is a 6-month ongoing plan that will grow and adapt in alignment with your efforts and healing.  
Being flexible allows your program to grow as you do.

Our goal is to establish a sustainable and maintainable routine while reducing the health symptoms that are presenting themselves and causing you discomfort.

As we go, there will be different aspects of your health that we will address. Trying to do too much straight away can become overwhelming and confusing

There will be times when we work on emotional aspects that block our progress. We will uncover these as we go.

Please don't hesitate to contact me if you have any questions or need additional support along the way.

I would recommend including some mindset work as we proceed.

Follow-up appointments are fortnightly and take about 45 minutes.

Supplement recommendations will be discussed at each appointment.

I'm excited to see your results. You got this!

Jodie Studley

Naturopath, Metabolic Balance Practitioner,  
Health Coach, Clinical Hypnotherapist, Massage  
Therapist.

Complimentary Medicine Association#2751

0428605247

Cherish Natural Health

4 Staveley Place, Innaloo, WA, 6018

jodienaturopath@outlook.com.au  
<https://cherishnaturalhealth.com>

ABN: 60238177856

Bank details: CBA -

BSB: 064-804

Account:1379 3083

*Jodie Studley*