



Vitae Mosaic Prescription

Name Tess Lindsay

Date 15/3/24

Practitioner Lisa Hayne

Diet and Nutrition Plan

Water intake - keep working on this one for me. Set some goals for how much you want to have drunk at certain times in the day as a reminder. Aiming to have half your volume by lunch time.

From Monday we're bringing back in oils with your cooking

>> Olive oil, coconut oil, ghee and flax seed oil

>> Dressing your salads, marinating meat with herbs, cooking your meat in pans, roasting veg

I'm happy for you to bring in mince versions of your meats now as well. Beef, lamb, pork, veal, chicken and turkey mince. And chicken thigh

Lifestyle Plan

Lymphatic massage is a really great tool to bring in now to continue to support detoxification and clearing out toxins from your body. You can do this just with your hands, with a soft bristled brush or a rolled up face cloth. Working from your extremities and pulling in long stroking motions towards your torso. Best done a few mornings a week (prior to showering if using a dry bristle brush)

Prescribed Supplements

Testing and Pathology

CitraMag - drop it back to just 1

79.50kg

Additional Comments and Follow-up

Practitioner contact details

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