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TREATMENT PLAN FOR : Russell Baxter

Date: 8/10/24

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| Health Goals | <ol style="list-style-type: none">1. Short Term: Improve insulin sensitivity and reduce blood glucose levels2. Short Term: Have blood testing3. Short Term: Implement meal plan4. Longer Term: Reduce weight slowly to alleviate pressure contributing to inguinal hernia |
| Diet | <ol style="list-style-type: none">1. Follow meal plan <p>Morning shake substitutes. Have a look through the ones I've added to your Osborne account (see email). They're a high-quality protein, no sugar, no crap!</p> |
| Lifestyle | <ol style="list-style-type: none">1. Continue regular exercise. Maintain strength and muscle mass. You're doing great at this! |
| Barriers | <ol style="list-style-type: none">1. Sweet tooth. A sweet tooth can be a challenging obstacle when managing weight, blood glucose and insulin levels, but our new meal plan is designed to help you overcome this. By balancing your blood sugar levels and incorporating satisfying, nutrient-rich foods, you'll likely find your sugar cravings naturally diminishing over time, making it easier to stick to healthier choices. |
| Referral/Investigations | <ol style="list-style-type: none">1. Blood testing. Your discussed health challenges, like slow-healing wounds (skin, gums) and increased thirst, frequent urination, coupled with your family history, prior blood tests indicting pre-diabetes and kidney challenges, signal it's time for a crucial check-up. It is also important we check your thyroid health. A simple blood test now could be the key to preventing serious complications later, potentially making a world of difference for your long-term health and quality of life. |

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| | <p>Send me copies of results.</p> <p>If G.P. offers medication for blood sugars I would recommend taking them, with the goal of concurrently supporting the body naturally, with the EVENTUAL goal of being able to normalise blood sugars/insulin through diet/natural means.</p> |
| Prescription | <ul style="list-style-type: none"> - Orthoplex White Metibol Xcell 120c - RN Labs Berbersorb 60c - Bioclinic Naturals Opti D3 and K2 90c - Protein powder of choice. <p>I've brought the prices down so they are all approx 30% less than retail.</p> <p>*START TAKING THE BERBERSORB AND METIBOL X-CELL AFTER YOU'VE HAD BLOOD TESTS</p> |
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| Recipes: | - |
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| Other | <p>Check in at Xmas!</p> <p>Send though blood test results (Naturopaths analyse blood tests a little differently to docs).</p> |
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NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.