



## Holistic Treatment Plan – Amy McKellar

Initial consultation 15/12/2021

Practitioner: Melissa White

### CURRENT HEALTH PRIORITIES

1. Anxiety, overwhelm & low energy.

### AIMS

- Address potential nutritional deficiencies by tracking diet and using dietary modifications and supplements
- Improve stress response and energy levels through menstrual cycle awareness, mindfulness, herbal medicine and supplementation.
- Address potential histamine intolerance to improve mood, skin reactions and digestive health.
- Reduce cholesterol levels through herbal medicine, and indirectly through optimising thyroid health.

### ACTION PLAN

#### *Homework*

- Please complete a 4-day diet diary (include some weekdays and on weekend) on the Easy Diet Diary app. You will be able to send me a copy through the app.

#### *Lifestyle*

- Carve out some you time each week to just slow down and BE. Nourish and nurture yourself in whatever way feels best at that time, whether it be some doona time, a bath, or a cup of tea in the sun.
- Consider working with your cycles to optimise your energy levels and mood. For example, taking the week before your period as time to pull back from socialising, slowing down and taking it easier with exercise. See handout for more information, refer to page 3.
- Pull back from daily high intensity exercise till your energy levels improve. Incorporating yoga, a walk, or stair laps (slow) may allow you to discharge excess energy without depleting you.
- Before eating:
  - o Take 5 very deep belly breaths to switch your body into a 'rest and digest' phase.
  - o Imagine sucking on a lemon to stimulate the release of digestive juices.





### Diet

- Trial a low histamine diet and note any changes in digestion, mood and skin flare-ups (including itching). The Intolerances app is a great portable way to assess the levels of potential triggers in a range of foods.
- Increase your water intake. Your daily baseline should be 2L/day, with extra water required to address sweating during exercise. Consider including electrolytes on hot days.
- Incorporate Brazil nuts into your diet. Have 1-2 daily for their selenium content and optimal thyroid health.
- Iodine is also required for thyroid health. Include foods such as sushi, seafood, or dulse flakes in your diet on a regular basis.
- Ensure iron rich foods are included in your diet. Vitamin C rich foods and/or having your vitamin C with meals increases the absorption of non-meat forms of iron. I have included a handout of foods high in iron for your reference.
- Reduce coffee to 1/day (sorry!).

### Supplements

Treatment	Breakfast	Lunch	Dinner	Other
<b>PRESCRIBED</b>				
Liquid herbal Tonic for adrenals, anxiety, cholesterol reduction and adapting to stress. Flower essences: buffering & stress adaptation	5ml with food	5ml with food		Top up measuring cup with a little water and shot it down.
Bioclinic Naturals Opti Active D	1 tablet with food			
Metagenics Iron Advanced			1 tablet with food	Every second day.
Neurocalm				1 tablet before bed
<b>CURRENT SUPPLEMENTS</b>				
Continue with your: Vitamin C B vitamins – note the iron has activated folate and B12, so take every second day (when not taking iron). Mag powder (before bed)				

If there are any major changes to your supplements, medications, or life circumstances (i.e., pregnancy), please let me know to avoid interactions or any safety issues. If you have any adverse reactions, please stop and notify me as soon as possible.

