



## Holistic Treatment Plan – Amy McKellar

Follow-up consultation 27/01/2021

Practitioner: Melissa White

### CURRENT HEALTH PRIORITIES

1. Post-viral support.
2. Anxiety, overwhelm & low energy.

### AIMS

- Investigate and support post-viral symptoms and immune system.
- Address potential nutritional deficiencies by tracking diet, using dietary modifications, and supplements
- Improve stress response and energy levels through menstrual cycle awareness, mindfulness, herbal medicine and supplementation.
- Continue to manage cholesterol levels through diet, herbal medicine and microbiome optimisation

### ACTION PLAN

*Blood testing – Stop supplements at least 3 days prior to testing.*

- Serum zinc / plasma copper / ceruloplasmin – zinc is required for immune function; hormone balance and low levels are implicated with mood disorders.
- D-dimer – assessing clotting risk
- eGFR – kidney function
- Liver function test
- Morning cortisol
- Thyroid antibody testing: I can send this through if required.
- GI Map stool test (I will send through the links). As discussed, just wait till life is a little more normal before undergoing (i.e., regular diet etc).

### Homework

- If you are interested: a great summary article on gut microbiome and cholesterol:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6358303/>

### Lifestyle

- Breathwork 15mins per day. Lay down, head flat. Nostril breathing, deep inhalation and exhalation, no pauses. To reduce your sympathetic activation.

### Diet

- Ensure sufficient dietary protein (1.5g/kg body weight)
- Consume a minimum of 28g fibre per day (see handout) – for cholesterol maintenance & microbiome optimisation





## Supplements

Treatment	Breakfast	Lunch	Dinner	Other
<b>PRESCRIBED</b>				
<u>Liquid herbal</u> Tonic for digestion, nervous system, libido, cholesterol, inflammation & immune modulation. Flower essences: buffering & stress adaptation	5ml - 15minutes before food	5ml - 15minutes before food		Top up measuring cup with a little water and shot it down.  It is bitter to stimulate your digestive system & also acts via a vagal nerve to tone the parasympathetic nervous system.
Biome Iron + probiotic			1 capsule with food	
Designs for Health fish oil		2 capsules with food		Or split dose if too much with one meal
MagGI Restore	1 scoop with food			
Neurocalm				1 tablet before bed
NAC	1 capsule with food		1 capsule with food	Take a break on the weekends. ALWAYS have with food – strong mucolytic.
Zinc		50mg with food		No more than 4 weeks. We can re-assess once your zinc blood test results come in. There is 15mg zinc in the MagGI restore too.

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.

**NOTE** – I did not include your current D3 and additional K2 that we discussed as there is sufficient in your MagGI restore for maintenance. If you want the K2 in case you need to increase vitamin D again, let me know and I can add it to your vita.ly prescription.

