



Holistic Treatment Plan – Ash Watson

Initial consultation 3/12/21

Practitioner: Melissa White

CURRENT HEALTH PRIORITIES

1. Blood sugar management
2. General wellbeing & mood / grounding
3. Nutritional optimisation

AIMS

- Address potential nutritional deficiencies using diet and supplements
- Improve stress response through essence, cycle mindfulness, exercise and grounding techniques
- Address blood sugar management through dietary & lifestyle modifications.

ACTION PLAN

Homework

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

Lifestyle

- Increase your weekly exercise, by aiming to have 3 sessions a week (walking, yoga or something else that takes your fancy).
- Living in harmony with your cycles - refer to the last page of the 'going with your flow flyer'
- Spend some time with big trees for grounding and un-meshing.
- Chrysocolla crystal.

Diet

- Refer to attachment – Vegan, wholefood guide for blood-sugar control
- PMS support – Be mindful of having tryptophan rich foods after ovulation to support serotonin production and mood. Vegan sources include: bananas, legumes, lentils, oats, peanuts, pumpkin seeds, sesame seeds, soybeans.
- Iodine for easing premenstrual symptoms– incorporate seaweed-based foods into diet such as sushi, or adding dulse flakes to soups.
- Include spirulina in your diet. It is nutrient rich and may be helpful for your channel. Build up slowly (start with ½ tsp) and increase to a level that feels good to your body (no more than the maximum dose stipulated on the jar).





- Be aware of including protein with every meal for blood sugar control. The Hemp Gold protein powder may be useful to have on hand for those times you need a quick snack/meal and you can whip up a nutritious smoothie, adding in veg, fruit, nuts, seeds, spirulina etc.
- Have something in your stomach before having your first coffee of the day (i.e., a handful of nuts).
- Remove one of your daily coffees and find a replacement for the ritual. As discussed, you may become aware of how tired your body is without the stimulating effect of caffeine. Remember to be kind to yourself and follow the prompts that you are being given 😊. Some replacement options may be dandelion, dandy chai, or rooibos tea.

Supplements:

- Bioceuticals B12 spray twice daily under the tongue.
- Green nutritionals vegan omega 3, 1 capsule per day.
- Grounding essence – take 5 drops, 3 times per day. Essences include gnome, salamander, sylph, undine, ether, Gaia and Melusine (self-worth, self-love & acceptance, accepting and loving your physical body).

