



Holistic Treatment Plan – Ash Watson

Follow-up consultation 07 January 2022

Practitioner: Melissa White

CURRENT HEALTH PRIORITIES

1. General wellbeing & mood / grounding
2. Nutritional optimisation

AIMS

- Address nutritional deficiencies using dietary modifications and supplements
- Continue to improve stress response through nutrition, cycle mindfulness, exercise and grounding techniques
- Improve ability to sleep through the night by processing anger (liver time).
- Improve digestion and assimilation of food

ACTION PLAN

Homework

- Please complete a 4-day diet diary (include some weekdays and weekend days) on the Chronometer app. This one allows you to see some of the micro-nutrients i.e., Vitamin A and B12 of the foods you are eating as well as the macros. Let me know once you are ready to share it with me.

Lifestyle

- Continue working on increasing your weekly exercise, by aiming to have 3 sessions a week (walking, yoga or something else that takes your fancy).
- Focus on one sense while walking, i.e., one walk focuses on smells, then another on sounds etc.
- Self-love hypnosis – I have texted a link to you.
- Citrine crystal mandala
- Working with Pele for processing anger in a clean way.

Diet

- Fantastic work on working with the vibration of the foods. Tune into your body and ask whether it wants something and prepare with love.
- Be aware of including protein with every meal for blood sugar control. Aim for a palm sized portion of protein-rich foods with every meal. If it feels right for you, aim for some eggs from happy hens and non-farmed sources of fish.
- Include 1-2 Brazil nuts per day for selenium. This is required for thyroid hormones and also as a potent anti-inflammatory.
- Have 1tsp ACV in some warm water before main meals (drink through a straw) to support digestion and improve bile flow.
- Peppermint tea can assist with dissolve gall stones, have away from iron rich foods.





- Reduce salt intake where possible
- Include 1 bowl of leafy greens per day. Bitter greens such as rocket particularly support with liver health.

Supplements

Treatment	Breakfast	Lunch	Dinner	Other
Vit D	1 tablet with food	1 tablet with food		2 tablets per day for 2 weeks then drop to one a day with breakfast as a maintenance dose.
Omega 3 Green nutritionals			1 capsule with food	
Naturobest preconception multi	1 capsule with breakfast	1 capsule with lunch		
Bioceuticals Potent C		1 chew	1 chew	Have chews with your most iron rich meals to maximise absorption. Dinner and lunch is a suggestion

- I have removed the B12 spray till after you finish up with your B12 shots as there is a little in the Naturobest multi. Once you finish up your last shot, we will start you on a maintenance dose.

