



Holistic Treatment Plan – Kat Rahikainen

Acute consultation 17/01/22

Practitioner: Melissa White

CURRENT HEALTH PRIORITIES

1. Address any nutritional requirements.

ACTION PLAN

Homework

- Obtain copies of coeliac tests to confirm exclusion
- Confirm Sarcoidosis diagnosis, particularly to allow for safe vitamin D supplementation if required.

Lifestyle

- Try and get some sunshine on your skin for vitamin D levels (naturally getting your levels up) – If the sun comes out 😊

Diet

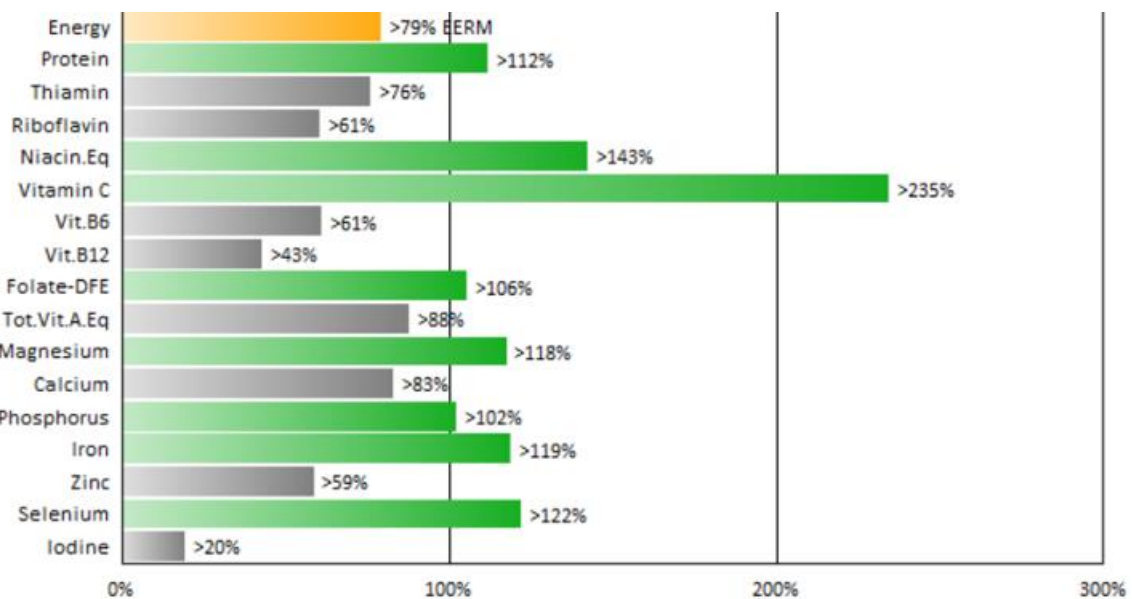


Figure 1: Recommended dietary intakes (average per day).



Vegetarian food sources

Nutrient	Role	Good dietary sources
Vitamin A equivalents	Vision, bone growth, reproduction, healthy skin, antioxidant	Sweet potato, carrot, cabbage, butternut pumpkin, spinach, capsicum, apricots, cantaloupe, mango, eggs, butter, dandelion greens
Thiamine	Conversion of food into energy, growth, heart, nervous system, digestion	Legumes such as peas, spinach, brussels sprouts, beef, pork, whole grains, nuts, soy milk, sunflower seeds.
Riboflavin	Energy (glycogen) production and release, growth, production of niacin	Chili, okra, cottage cheese, ricotta, milk, yoghurt, oysters, eggs, fish, mushrooms
Vitamin B6	Amino acid production and digestion, insulin and antibody production, allergic response, neurotransmitter production, haemoglobin (in red blood cells) production	Pine nuts, bananas, mackerel, salmon, sardines, trout, tuna, legumes, potato, wholegrains.
Vitamin B12	Growth, haemoglobin (in red blood cells), nervous system, DNA production, processing fats and carbohydrates	Dairy, eggs, seafood, nutritional yeast
Vitamin D	Absorption and use of calcium and phosphorus, bones, teeth, cartilage, immunity	Egg yolks, cod liver oil, salmon, sardines, tuna. We need regular moderate sun exposure to ensure adequate vitamin D levels
Vitamin E	Protection of vitamin A, red blood cell production, clotting, antioxidant	Wheatgerm, prawns, almonds, hazelnuts, peanuts, pistachio nuts, soy beans, sunflower seeds, olive oil, avocado, fatty fish.
Calcium	Bones and teeth, blood clotting, nerve conduction, muscle function	Cheese, milk, yoghurt, parsley, sardines, hazelnuts, canned fish with bones, almonds, tofu. Note: absorption of calcium is poor in vitamin D deficiency
Sodium	Water and blood pressure regulation, acid balance in blood, nerve conduction, muscle function	Contained in nearly all foods, most people overconsume, especially abundant in processed and convenience foods
Iodine	Thyroid function	Seafood, sea salt, iodised salt
Zinc	Breakdown of fats, proteins, and carbohydrates, cell growth and repair, DNA production, wound healing,	Cheese, eggs, poultry, crab, lobster, oysters, Brazil nuts, hazelnuts, soy beans

