



Holistic Treatment Plan – Kat Rahikainen

Follow-up consultation 15/12/2021

Practitioner: Melissa White

CURRENT HEALTH PRIORITIES

1. Address any nutritional requirements.

AIMS

- Address potential nutritional deficiencies by tracking diet and using dietary modifications and supplements
- Support gut health considering antibiotic use using probiotics and ginger.

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.
- Blood tests: iron studies, zinc/copper, B12, vitamin D – Check and send through if completed recently.

Lifestyle

- Check in with Lactation Consultant: if required, we can support milk production with herbal medicine.
- Great work with the exercise and getting out an about.
- Try and get some sunshine on your skin for vitamin D levels (naturally getting your levels up).

Diet

- Protein powder to boost intake when busy and not consuming enough.
- Incorporate iron-rich foods – see handout for suggestions for plant-based iron. Please include vitamin C rich foods as they increase the bioavailability of plant-based iron.
- Incorporate 1-2 Brazil nuts per day for selenium for antioxidants and inflammation-support.
- Ginger 5-10drops in some warm water after dinner to assist with the gastroduodenal motility to support gut health.
- Sprinkle nutritional yeast on your breakfast eggs to boost nutrition, particularly B12 as your last test indicated you may need a little more.
- Chamomile tea is a gastrointestinal anti-inflammatory and helpful if you are wound up and having trouble falling asleep.





Supplements

Treatment	Breakfast	Lunch	Dinner	Other
PRESCRIBED				
Homeopathic: Bioresearch Formula GIT	3 drops	3 drops	3 drops	3 drops (before bed) OR Alternatively, add 12 drops to a bottle of water and sip throughout the day.
Ginger tincture			5-10drops in a little warm water after dinner	
CURRENT SUPPLEMENTS				
Continue with the Kiara probiotics, Fish oil and naturobest breastfeeding multi.				

If there are any major changes to your supplements, medications, or life circumstances, 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.

