



## Holistic Treatment Plan – Mariam Sabbouh

Consultation 22/12/2021      Practitioner: Melissa White

### CURRENT HEALTH PRIORITIES

1. Support convalescence & immune system

### AIMS

- Support immune system, and reduce inflammation/oxidative damage.
- Reduce incidence and severity of cough to reduce vomiting, and allow rest and recovery.
- Improve intake of food through reducing cough and selecting nutrient dense, easy to digest food.

### ACTION PLAN

#### Homework

- Blood testing. I will email you an updated referral letter. We will continue to focus on PCOS once we get the results in.

#### Lifestyle

- Continue getting sunshine on your skin.
- Continue with your naps to help with recovery.
- Delta or theta binaural beats – to entrain the brain, allowing you to drop into a deep restorative state for recovery and regeneration. You will need to wear earphones for this and can choose with or without background music. Spotify has some great tracks. Some examples to get you started:
  - o *Playlist entitled “Binaural beats for sleep”*
  - o *Podcast entitled “Binaural antidepressivo GAMMA, Theta y Delta”*

#### Diet

- Increase intake of fluids throughout the day. If you are still throwing up, add in some electrolytes. Note – if the vomiting does not stop and you are unable to tolerate foods and drinks, please seek medical advice.
- Focus on getting mineral and nutrient dense, easy to digest foods in. You can try making a large vegetable broth. Include plenty of ginger (anti-inflammatory and anti-coagulant), onions (high in quercetin) and some seaweed, dulse flakes for minerals. Strain and have throughout the day. You can include some easy to digest foods, i.e. cook pasta in the broth or poach some salmon (easy to digest and a good source of protein and essential fatty acids).
- Blend a thumb sized piece of ginger with half a lemon. Steep for 1/2hr in a litre of boiling water. You may add manuka honey to taste. Sip over a few hours. This mixture contains ginger (anti-coagulant, anti-inflammatory), bioflavonoids, vitamin C and various phytochemicals and nutrients beneficial for reducing inflammation and supporting respiratory infection recovery.
- Include 1-2 Brazil nuts each day for selenium to reduce any oxidative stress and allow glutathione recycling.





- When you are able to, include vitamin C rich foods such as Asparagus, broccoli, brussels sprouts, cabbage, capsicum, parsley, tomatoes, blackberry, paw paw, grapefruit, guava, kiwi fruit, mango, melon, oranges, pineapple or strawberries to support your adrenal health and for immune support. Also, increase your intake of quercetin-rich foods such as berries, broccoli, apples or green tea to reduce inflammation.
- Green tea for antioxidant, anti-microbial and anti-inflammatory actions. Aim for 2cups per day.

### Supplements

Treatment	Breakfast	Lunch	Dinner	Other
<b>PRESCRIBED*</b>				
<u>Herbal tonic with homeopathic Drosera 6C/30C</u> Reduce incidence and severity of cough, hypoxia and inflammation. Modulate immune system.	5ml	5ml	5ml	Top up measuring cup with water/juice, then shot it down.  Take 2 hours away from Symbicort and cough syrup.
<u>Vege NAC</u> Good mucolytic to reduce cough. To improve antioxidant status, support mental health and ovulation (PCOS)	1 capsule with food	1 capsule with food		Weekdays only – have a break over the weekend.
<u>BioCeuticals D3 Vegan spray</u> Immune system modulation	3 sprays	2 sprays		For one week then drop to 2 sprays in the morning.
<u>BioCeuticals Zinc drops</u> Immune support	10 drops with food		10 drops with food	For one week, then drop down to 5 drops twice a day with food.
<b>Patients Supplements</b>				
<u>Ultra biotic 60</u> Modulate gut-immune interface	1 capsule		1 capsule before bed	
<u>PUREXEN Turmeric Curcumin</u>	1 capsule with breakfast			Contains coffee – assess whether the caffeine is affecting you.
<u>Nigella</u>		1 capsule with food	1 capsule with food	

\*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.

