



Consultation Date: 2021-10-20 Follow up visit:

Holistic Health Treatment Plan
Prepared by Amy

Current Health Priorities

Histamine overload, Digestive insufficiency, Stress management

Aims of Holistic Health Management

**Health Goals (SMART: Specific;
Measurable; Attainable; Realistic and
Time-bound)**

Time Frame to Achieve

Reduce histamine overload to minimise digestive symptoms

4 weeks ongoing

Increase digestive secretions to support breakdown of food & absorption of nutrients

Manage stress response with nutritional cofactors

Further investigate thyroid nodules & immune function

Action Areas (SMART: Specific; Measurable; Attainable; Realistic and Time-bound)

Diet

- Consume a low histamine diet by reducing consumption of high histamine foods (eg. banana, citrus fruits, avocado etc). See anti-histamine handout.
- New smoothie recipe: Coconut milk/water, collagen or hemp seed protein, blueberries, sour cherries, flax seeds, cinnamon, macadamias, brazil nuts, stevia, coconut yoghurt, no spinach or kale
- Consume dandelion & ginger tea throughout the day
- Increase water intake to 2 litres a day (herbal teas included)
- 'Food Intolerances' app can help you pinpoint histamine containing foods.

Lifestyle

- Keep doing your stress management practices - you're doing great!
- 1 x epsom salt bath a week would be nice too.

Referral/Investigations

See attached doctor referral letter (Medicare rebate - if doctor will do them)

All same items are on second pathology referral form (non-Medicare rebate)

Prescriptions

**** Repeat prescriptions beyond 3 months may require a follow up consultation before items can be dispensed ****

Product: BioCeuticals MultiGest Enzymes 90 caps, repeat: 1

Product: Orthoplex Green Lymphodran Plus 60 tabs, repeat: 1

Product: Orthoplex White MagTaur Xcell 200gm, repeat: 1

What could stop you from achieving these?

Barriers to Change	Strategies for Success

You require a follow up consultation.