



## Holistic Treatment Plan – Ali Myers

Initial consultation 08.01.22 Practitioner: Melissa White

### CURRENT HEALTH PRIORITIES

1. Weight
2. Investigate and address factors associated with heart irregularities, perimenopause, thyroid health and anaemia.

### AIMS

- Reduce stress response and support adrenals to optimise hormonal health using supplements, herbal medicine, and diet and lifestyle modifications.
- Address potential nutritional deficiencies.

### ACTION PLAN

#### *Homework*

- Keep a diet diary for review in the next appointment.
- Upload your blood tests to the portal once you get a copy (go off all supplements 3 days before your blood tests).

#### *Diet*

- Have something small to eat (i.e., a date, half a banana) before exercising to reduce production of stress hormones. Try to eat within 20minutes post -exercise.
- Increase your protein intake over the day. I have included a vegan protein handout for some ideas in addition to animal-based products.
- I have also included a plant-based iron handout to support iron replenishment after heavy periods. Try to have a vitamin-C rich food at the same time to increase non-meat iron absorption.
- Reduce your caffeine intake over time to one caffeinated beverage per day.
- Add in some iodine rich foods such as seafood, seaweed or dulse flakes regularly into your diet. Seafood would also be beneficial for increasing your omega-3 intake. If you don't feel comfortable taking a fish oil, green nutritionals have a good algal based omega 3 capsule.
- Spirulina – Green nutritionals
- Be aware of your alcohol intake and how you are feeling / physical symptoms. Swap out the beer for drinks that are less triggering for you.
- Increase your water intake to 2L water per day, add in an additional 500ml if exercising.





### Lifestyle

- Consider putting timers on your phone to remind you to get up and have a stretch / movement every ½ - 1hr over the work day.
- Over the day check in and assess your emotional state to gauge anxiety /stress levels
- When the sun is out, try and get 10-15mins of sunlight on 25% of your body once a day for vitamin D.

### Supplements

Treatment	Breakfast	Lunch	Dinner	Other
<b>PRESCRIBED</b>				
<u>Herbal tonic</u> Support liver, adrenals and nervous system. Adaptogenic, anti-inflammatory, anti-oxidant, insulin sensitising, anti-osteoporotic.	20drops in a little water	20drops in a little water	20drops in a little water	Try before food. If it upsets your stomach, have with meals.
<u>Magnesium</u> Sleep support, relaxing, energy production, hormone production				½ scoop before bed as required.
<u>B vitamins</u> Neurotransmitter production, energy, liver and hormone support	½ tablet with meals			

\*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.

