



Holistic Treatment Plan – Zoe Cox

Follow-up consultation 21/01/2021 Practitioner: Melissa White

CURRENT HEALTH PRIORITIES

1. Fatigue & immune support

AIMS

- Nourish the nervous system, and enhance the body's capacity to recover and tolerate stressors to get through this busy period using meditation, herbal medicine, supplementation and vibrational essence.
- Address blood test results using herbal medicine, diet, supplementation and lifestyle.
- Support excretion of mould toxins.

ACTION PLAN

Homework

- SIBO BREATH TEST: You should have been sent the link to do this. Please refer to their instructions regarding dietary requirements in the leadup for the test.
- Hormone blood tests day 2/3 and day 19 of menstrual cycle.
- Fulfill – Supplement prescription from Vital.ly
- PARK THIS FOR NOW. Food IgG and complement testing 144 foods– RN labs.

Diet

- Blood work indicated a need for additional protein (see previous treatment plan for suggestions). Protein is also required for detoxification, and immune health.
- Increase your fibre intake to bind and excrete mould toxins. Try chia seed puddings or include ½ teaspoon of psyllium in a glass of water (leave to soak liquid before taking).
- Continue with dietary modifications as per the last treatment plan.





Supplements

Treatment	Breakfast	Lunch	Dinner	Other
PRESCRIBED*				
<u>Naturobest preconception multi</u> Address nutritional deficiencies	1 tablet with food	1 tablet with food.		Avoid later in the day, the B vitamins may be stimulating.
<u>Designs for Health Tri-mag supreme: Magnesium</u> Address low levels. Nervous system support / relaxation. Hormone balance.		1 capsule	1 capsule	If Magnesium has a laxative effect for you, have with food, otherwise, you can have a capsule before bed instead of dinner.
<u>Designs for Health OmegAvail – Omega 3s.</u> For dry skin, cholesterol balance, cognitive function & PMS symptoms			1 capsule with food	
<u>Designs for Health – Glutathione</u> Detoxing mould, anti- inflammatory, anti-oxidant, immune function				2 pumps, 1 per day. Hold in your mouth for 30 seconds before swallowing – I apologise in advance for the lingering flavour!
<u>Herbal tonic</u> Clearing mycotoxins, digestive, adaptogenic, immune, adrenal and nervous system support.	5ml 15mins before food	5ml 15mins before food		Top up measuring cup with water/juice, and drink it. The bitter flavour will stimulate digestion. Contains ginseng, may be stimulating at night.
<u>Pulsatilla homeopathic 200C</u> Addressing PMS symptoms				Take 3 drops once a day as symptoms arise during luteal phase- 20mins away from food, drink (other than water), or brushing teeth.
<u>Vibrational essence</u> Grounding, protective and clearing your energetic field				5 drops, three times per day.

*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.

