



## Holistic Treatment Plan – Zoe Cox

Initial consultation 17/12/2021

Practitioner: Melissa White

### CURRENT HEALTH PRIORITIES

1. Severe 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.
- Identify and address potential dietary intolerances and nutritional deficiencies.
- Reduce PMS symptoms

### ACTION PLAN

#### Homework

- Food IgG and complement testing 144 foods– RN labs. Their clinic is closed from 16<sup>th</sup> Dec - 4<sup>th</sup> Jan, however, I have sent a referral to you to order the test. Once you receive it, please do not complete the test until a few days before the labs open.

#### Lifestyle

- 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. Youtube and Spotify have some great tracks. Some examples to get you started:
  - o [https://www.youtube.com/watch?v=HKnfB6hdH\\_s](https://www.youtube.com/watch?v=HKnfB6hdH_s)
  - o <https://www.youtube.com/watch?v=B1mVwuW6TTU>
  - o <https://www.youtube.com/watch?v=m4n9QW9dtb8>
- Apply tea tree to your toenails to address tinea. I will add herbs to support immunity to your herbal tonic.
- Tune into your body to assess your fatigue levels before exercising. There may be some days where a mindful hike would be more nourishing than a run.

#### Diet

- Blood work & diet recall indicated a need for additional protein. Stress also increases the breakdown of protein from muscle tissue to sustain fuel required for a prolonged stress response. Aim for a palm-sized portion of protein-rich foods at every meal. I have included a plant-based protein source handout for your reference.
- Try to eat something light before exercising in the morning, to reduce further stress to your body. Eat within 20 minutes after exercising as well to replenish glycogen stores.
- Dry beans: soak your beans for 12 hours prior to cooking. Change the water if you are home and able to.





- Reduce your intake of raw brassicas (cauliflower, broccoli, kale, mustard greens, cabbage) as they are goitrogens and may impact on thyroid function when eaten in excess. Instead try to mix up the veggies you consume. This will encourage a diverse microbiome post-antibiotic use. Refer to plant-based meal idea handout for some additional meal ideas.
- 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. Eating vitamin C rich foods at the same time as plant-based iron-rich foods also increases their absorption.
- Include 1-2 brazil nuts each day for selenium to reduce any oxidative stress accompanying stress.

### Supplements

Treatment	Breakfast	Lunch	Dinner	Other
<b>PRESCRIBED*</b>				
<u>Vibrational essence</u> Grounding, protective and clearing your energetic field				5 drops, three times per day.
<u>Herbal tonic</u> Adaptogenic, immune, adrenal and nervous system support. Also nourish kidneys/bladder.	5ml with food	5ml with food		Top up measuring cup with water/juice, then shot it down.
<u>Designs for Health OmegaVail</u> For dry skin, cholesterol balance, cognitive function & PMS symptoms			1 capsule with food	
<u>Designs for health B Supreme</u> For energy production, nervous system health & supporting a healthy stress response, neurotransmitter synthesis	1 tablet with food			
<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. If symptoms of weepiness or emotional overwhelm worsen, stop and let me know, we may need to reduce potency to 30C.
<b>CURRENT SUPPLEMENTS</b>				
Continue with current magnesium, zinc & iron supplementation to use them up. We will review in follow-up with updated blood test results.				

\*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.

