Mr Aidan Bingham

Treatment Plan

Practitioner	Kit Tomlinson
Appointment	17 Jul 2023, 11:00AM
Created	17 Jul 2023, 5:20PM
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Health Goals

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1. Reduce frequency and severity of cough by reducing mucous formation.

2. Prevent relapse of cough by improving immune system function.

3. Reduce stress and anxiety by reducing cortisol production and improving circadian rhythm.

Dietary Advice

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Keep up the great work with eating more mucus reducing foods:

Garlic

Onion

Horseradish

Wasabi

Honey

Lemon

Grapefruit

Ginger

I would also recommend consuming cod liver oil daily. This has naturally occurring vitamin A and D which is very helpful for the immune system function and preventing recurrence of infection. It is also rich in omega 3, which supports the hydration of mucus membranes. I recommend the Nordic naturals brand.

Lifestyle Advice

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As we discussed it is really important to work on having a consistent sleep routine. By going to bed at the same time everyday your circadian rhythm will improve. This will have positive effects on your immune system, mental health and energy levels.

10 pm is a great bedtime. This will allow you to fall asleep by 10.30 and get some good

quality deep REM sleep.

It would be great to get a minimum of 8 hours sleep to help your body heal.

It may be hard to do at first and you might not feel tired straight away, but eventually your body will get used to it.

To help your body in winding down, try and stop using all screens an hour before bedtime (no phone, laptop or tv). Opt for reading a book instead. The blue light from screens increases cortisol production which decreases melatonin, resulting in less sleep and bad quality sleep.

Words of wisdom

Words of Wisdom

You are doing a great job! 😊

Prescription

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Herbal formula: 7.5ml twice a day

VegeNAC: 1 capsule a day.

Imrex: 1-2 capsules a day.

Vitamin C: 1 tablet a day.

Referrals / Further Investigations

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