



Belinda Butler

Treatment Plan

Practitioner	Leesa Young
Appointment	11 May 2023, 9:00AM
Created	11 May 2023, 11:21AM
Last updated	16 May 2023, 11:07AM

Health Goals

Health Goals

Continue to support digestion & nervous system

Dietary Advice

Dietary Advice

Diet info for haemochromatosis:

- continue to avoid red meat
- don't have lemon juice or other citrus with plant sources of iron - use vinegars instead of lemon juice in dressings, and avoid/limit Vitamin C supplementation
- focus on brightly coloured veg for antioxidants, and also to support gut health - blueberries, root veg, fruit.
- Green tea is a useful addition - the tannins inhibit iron absorption and it is high in antioxidants to protect the liver.

General dietary suggestions:

- consider roasting a tray of root veg once twice a week to add to meals - sweet pot, parsnip, turnip, carrots (purple if you can find), whatever else you can get - add fresh rosemary and sea salt and toss in Australian extra virgin olive oil. Great nourishing & grounding foods with excellent immune and digestive support.
- mushrooms are also great nourishment and support immune health
- if you start having more of an appetite in the mornings or are looking for a warmer breakfast as the mornings get colder, try a porridge with a mix of oats (if tolerated), quinoa or quinoa flakes, buckwheat etc, and add cinnamon, ginger, vanilla and blueberries.
- almond milk - avoid carrageenan and vegetable oils/gums. Some options from Woollies: Pure Harvest (shelf stable)
<https://www.woolworths.com.au/shop/productdetails/858008/pureharvest-almond-milk-unsweetened> or Nutty Bruce (fridge)
<https://www.woolworths.com.au/shop/productdetails/662836/nutty-bruce-organic->

Lifestyle Advice

Lifestyle Advice

- Build a support toolkit for when feeling anxious or overwhelmed - flower essences, essential oils, something tactile - crystal or soft fabric/scarf; list of music or activities (go for a walk, phone a friend etc)
- Magnesium oil on feet before bed to improve sleep quality & soothe nervous system, and if you have a bath you can do Epsom salts (or Maddi has some gorgeous bath salts here - the Luna Sol one would be perfect for you).

Words of wisdom

Words of Wisdom

You're doing an amazing job :-)

Prescription

Prescription

- keep doing the tea, sneak it into work in an insulated bottle if needed :)
- Orthoplex GIT Immunobiotic - keep in fridge - 1 scoop in water daily after dinner, instead of the slippery elm
- see you in 2 weeks!

Referrals / Further Investigations

Referrals / Further Investigations