



Caitelyn Butler

Treatment Plan

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| Practitioner | Leesa Young |
| Appointment | 2 May 2023, 10:45AM |
| Created | 2 May 2023, 1:32PM |
| Last updated | 2 May 2023, 1:45PM |

Health Goals

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| Health Goals | <ul style="list-style-type: none">- improve energy & sleep- reduce anxiety- improve overall resilience to stress |
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Dietary Advice

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| Dietary Advice | <p>We won't focus too much on your diet for now, while we work on improving energy and appetite; but as we make progress we'll talk about how to gently introduce some nutrient-dense foods to help your body build its resilience.</p> <ul style="list-style-type: none">- for now, think about including some more easily-absorbed foods like ramen broth, chicken soup etc that you can have when you don't have much of an appetite. |
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Lifestyle Advice

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| Lifestyle Advice | <ul style="list-style-type: none">• When you notice symptoms of stress in your body, try to use this as a cue to do the following:<ul style="list-style-type: none">- relax your face & jaw- drop your shoulders- take a big belly breathThis is a helpful "reset" that calms the nervous system and helps bring you back to the present, so you can re-focus on your day from a calmer place.• On work days, aim to be in bed a little earlier if you can, so we can extend your sleep on those nights where you're waking early. Give this a try this week before you go away, and then hopefully your holiday will give you some much needed rest! |
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Words of wisdom

Prescription

Prescription

- Herbs: these are (hopefully) going to make you feel great! The combined effect is to improve energy and resilience, support the skin & lymphatic system, support immune function, improve sleep and reduce anxiety/nervous energy, gently stimulate digestive function, and improve liver function to support detoxing from medications.
- Herbs include: Withania, Dandelion root, Astragalus, Iberis and Burdock.
- Vitamin C - I'd love you to take 1000mg twice daily between now and when you leave for your holiday, and then drop down to 1000mg daily. Happy for you to buy a chewable tablet.

Referrals / Further Investigations

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If you can find them, please email through any previous test results you have.
Thanks - I look forward to seeing you next month!