



Consultation Date: 2023-06-01 Follow up visit:

**Holistic Health Treatment Plan**  
**Prepared by Madelaine**

**Current Health Priorities**

Energy and digestive health

**Aims of Holistic Health Management**

**Health Goals (SMART: Specific; Measurable; Attainable; Realistic and Time-bound)**

**Time Frame to Achieve**

//1: Support digestive health, reducing the occurrence of GIT symptoms (bloating, pain, diarrhea) through the use of herbal medicine and nutraceuticals.  
\*\* We will do this by supporting your gut flora and digestive enzyme production.  
//2: Increase appetite and gut function through the use of bitter herbal medicine tonic.  
//3: Support energy production by nourishing the adrenals and reducing the effect of life stressors (family and study commitments) through the use of herbal medicine.

3+ weeks

**Action Areas (SMART: Specific; Measurable; Attainable; Realistic and Time-bound)**

**Diet**

//1: You mentioned that you are eating quite bland at the moment - while this might be helping it would also be affecting your gut flora. Try to slowly introduce a wider range of fruit and vegetables. I've attached a diet and symptom diary and I would love you to complete that over the next few weeks, recording any symptoms you experience at the time. Please also record your bowel movements. I've also attached some info on the anti-inflammatory diet which could be beneficial to reduce any potential gut and systemic inflammation.  
//2: With endo (being an inflammatory condition) I would recommend continuing to reduce gluten intake regardless of your gut health. It would also be great to increase your intake of omegas such as chia seeds, walnuts, flaxseed, avocado.

**Lifestyle**

//1: Especially in this winter season it would be beneficial for you to get some direct sunlight every day. Ideally first thing in the morning or in the middle of the day - on working days can you take your lunch and sit outside? Try and get 10-15minutes direct sun light exposure each day.  
//2: You could look at

## Referral/Investigations

**\*\*I've submitted the gut test request so you should receive a link to pay and they will send the kit out to you. You need to send it off on a Monday/Tuesday or Wednesday so try and take it early next week. The results normally take 1-2 weeks for turnaround.**

**\*\*Send through your pathology once you receive the results: maddi@thewellcollective.com.au - we will discuss this at your next consult.**

## Prescriptions

**\*\* Repeat prescriptions beyond 3 months may require a follow up consultation before items can be dispensed \*\***

**Product: Optimal Gentian 1:2 1ml of 500mls, repeat: 1**

**Product: Optimal Ginkgo Biloba 3:2 1ml of 500mls, repeat: 1**

**Product: Optimal Rhodiola High Potency 1:1 1ml of 500mls, repeat: 1**

**Product: Optimal Globe Artichoke 1:2 (O) 1ml, repeat: 1**

**Product: Optimal Calendula 1:2 1ml of 500mls, repeat: 1**

**Product: Bottling Fee- Liquid Herbs, repeat: 1**

**Product: Orthoplex White GIT Immunobiotic 150g, repeat: 1**

**Product: Orthoplex Green Hydrozyme Formula 60 tabs, repeat: 1**

## What could stop you from achieving these?

### Barriers to Change

**Busy life and wanting to avoid foods that could be the trigger**

### Strategies for Success

**Small steps make the world of difference: We must not, in trying to think about how we can make a big difference, ignore the small daily differences we can make which, over time, add up to big differences that we often cannot foresee.**