



## Treatment Goals and Prescription

**Name:** Dan Wray

**Date:** 14/2/24

### Goals:

- Relieve symptoms of anxiety and support stress levels
- Support healthy synthesis and breakdown of neurochemicals
- Support neuroinflammation
- Assess nutritional imbalances and support deficiencies/toxicities
- Assess heavy metal toxicities and support clearance
- Support upper digestion and lower digestion- bowel integrity, microflora, pathogens
- Enhance semen quality for conception

### Prescription:

Rise after waking, stand of grass	
Chew food thoroughly, more meditative while eating to stimulate digestive secretions	
Digestive herbs to stimulate digestions and protect against external pathogens (SIBO)	5mls taken 15 minutes before meals
Mood herbs to help ease of anxiety symptoms	7.5mls daily

PHGG to support gut integrity and feed the good bacteria	2 tablespoons in water daily
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### **Other:**

Stretch after exercise

I will set you up with an account with Vital.ly to access some supplements that you can't get in a health food store

### **Further testing:**

Next visit to commence HTMA (hair tissue mineral analysis) to assess nutrient imbalances and heavy metals

Possible 600 foods compatibility test, Methylation test

### **Dietary changes/suggestions:**

Breakfast suggestions:

- Gluten free porridge with almond milk, fresh berries, 3 chopped brazil nuts, walnuts, hemp seeds
- Gluten free granola (homemade quinoa granola is great, heres the link <https://vegangel.com/2014/02/12/quinoa-granola/> with almond milk, fresh berries. I use hemp seeds, walnuts, brazil nuts, pumpkin seeds, sunflower seeds in mine
- Gluten free toast (gf precinct - their website says you can buy their products from the pines health food store) with Botanical Cuisine black gold spread (healthy version of vegemite, can get from a health food store)
- Chia pudding with coconut yogurt, seasonal fruit eg peach, apricot, mango etc, 3 chopped brazil nuts, walnuts, hemp seeds )can leave out of the fridge the night before if you prefer room temp)
- Gluten free dairy free frittata with vegetables (prep on sunday, heat for breakfast one serve)

Other dietary suggestions:

- Oysters/shellfish weekly
- Organ meat weekly (liver, kidney)
- 3 brazil nuts daily
- Seaweed a 2-3 times a week (sushi)