



Consultation Date: 2023-01-26 Follow up visit:

Holistic Health Treatment Plan
Prepared by Sandi

Current Health Priorities

Dietary guidance to care for non alcoholic fatty liver disease

Aims of Holistic Health Management

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

Time Frame to Achieve

Increase fiber intake to include 1 serve per meal each day until next visit to assist with bowel function.
Increase water to 2 liters/8 cups per day until next visit to assist digestion and hydration.

2 weeks - until next visit

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

Diet

Include all colours of the rainbow vegetables (add to salads) - carrots, beetroot, lettuce, spinach, tomato
Pre-biotic foods (assist with digestive function) – garlic, onion, asparagus
Protein (assist with muscle repair and bone health) - eggs, nuts, seeds, lean meat, fish
Include anti-oxidant rich foods (assist with heart and blood health) – grapes, sweet potatoes, cashews, oranges, berries
Fibre rich foods (assist with sugar regulation and may prevent constipation)- Beans, wholegrain bread, brown rice, oats, spinach, potatoes

Lifestyle

Set aside 1 night or weekend day to date yourself
Implement 1 mindfulness activity per week - yoga, swimming, colouring in book, reading a book

Referral/Investigations

GP for updated pathology - FBG, Fasting lipids, Fasting BGL, CRP

Prescriptions

There are no prescriptions for this treatment plan.

What could stop you from achieving these?

Barriers to Change	Strategies for Success
<ul style="list-style-type: none">1. Cooking for 12. Awareness of lunch ideas3. Forgets to drink water	<ul style="list-style-type: none">1. Divide larger meals into smaller portions to freeze2. Take dinner meal left overs for lunch2. Boil a batch of eggs to top Rye Vita style crisp bread/wholegrain bread/salad for lunch3. Keep water bottle in eye sight to remind to drink

You require a follow up consultation.