



Consultation Date: 2023-01-11 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

Improve overall health by reduce intake of high sodium foods to once per week for the next fortnight.
Add antioxidant rich foods to three meals per day until next visit.
Increase fiber intake to include 1 serve per meal each day until next visit.

2 weeks

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

Diet

Please include a wide variety of the following foods into your weekly shop - to have on hand for all meals.

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

Avoid high salt products – bacon, sausages, premade kebabs, bottled sauces.

Lifestyle

Date yourself (once per week take yourself on a date) – picnic in the park, movies, dinner, dancing

Mindfulness – yoga/swim

Referral/Investigations

GP for updated pathology - FBC, 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 one2. Stressful work environment3. Egg and bacon breakfast each friday for work social event	<ul style="list-style-type: none">1. Divide larger meals into freezable portions/ fridge for lunches2. When stress begins to rise, remove self from office to front garden for 5 minutes to breath and collect thoughts, before re entering office.3. Swap bacon for lean meat alternative eg. chicken strip, swap white bread for wholemeal wrap, swap egg for lettuce or home made coleslaw

You require a follow up consultation.