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TREATMENT PLAN FOR : Matt Furlong

Date: 8/1/21

Health Goals	<ol style="list-style-type: none">1. Keep doing everything you are doing! Organic food, filtered H2O, sunlight exposure, family time, frequency healing.2. Increase protein to ideally 30grams per meal to support healthy muscle and immune function. See Diet below for examples of what this looks like.3. Investigate areas of your house and technology use where you can mitigate or reduce EMF exposure. See Lifestyle below.4. Consider starting a meditation practice. Research shows as little as 5 minutes a day meditation has as much benefits as one hour. See Lifestyle below for more.
Diet	<ul style="list-style-type: none">- Organic and seasonal. Incorporate raw foods as they contain life force energy. See my blog post about energetics of food- you might find it interesting! https://biosoulnaturopathy.com/the-energetics-of-food/- (Optional) Organic matcha green tea- Try 1 cup per day. Matcha contains nutrients from the entire plant leaf, with more caffeine and antioxidants than green tea. Antioxidants stabilise free radicals- free radicals cause damage to your cells and play a role in the development of chronic disease. *Matcha's epigallocatechin gallate (a polyphenol) content may inhibit the growth of cancer cells. *Matcha contains L-theanine (cognition enhancer), which reduces the jittery effect of caffeine and the caffeine crash and increases dopamine. * It can induce alpha brain waves (similar to that of a meditative state) *Mood enhancer *Matcha provides a longer lasting, smoother buzz than coffee!- Here is an example of one days worth of food where the main meals have 30 grams of protein. You don't have to follow this but I am sharing it with you just so you can get an

	<p>idea of what it looks like and can work towards. 30g protein for each meal is a good rule of thumb for all adults so is appropriate for your wife also.</p> <ul style="list-style-type: none"> - Breakfast (32g protein): <ul style="list-style-type: none"> - 4 pasture-raised eggs scrambled with organic spinach and mushrooms - 1 slice sourdough toast with avocado - Fruit of choice - - Mid-Morning Snack (13g protein): <ul style="list-style-type: none"> - Small handful of raw almonds - 50g grass-fed Greek yogurt - Organic apple slices <p>(can cut up fruit and crush nuts on top of yoghurt)</p> - Lunch (33g protein): <ul style="list-style-type: none"> - Grass-fed beef patty - Large salad with organic mixed greens, cucumber, cherry tomatoes, herbs if you like, pepper, salt - Olive oil and balsamic vinegar dressing - 1 slice toasted sourdough - Fermented sauerkraut - Afternoon Snack (14g protein): <ul style="list-style-type: none"> - Bone broth “cup of soup” - Organic carrot and celery sticks + home made hummus dip - 1 hard-boiled pasture-raised egg - Dinner (34g protein): <ul style="list-style-type: none"> - 150g wild-caught salmon - Roasted organic sweet potato wedges with herbs - Steamed organic broccoli and cauliflower - Lemon-herb butter sauce (made with grass-fed butter) - Evening Snack (if needed): <ul style="list-style-type: none"> - Herbal tea - Handful of mixed organic berries - Nut butter on a celery stick (4g protein)
Lifestyle	<ul style="list-style-type: none"> - (Optional) Consider initiating a small meditation practice. 5 minutes a day is ample. When performed in the same space around the same time each day it programs your subconscious to enter that meditation faster and deeper each time. Some people meditate to quieten their brain – This is hard. I think <u>meditation is a good opportunity to quietly reflect on all the things we are grateful for, to pray to a higher consciousness, to give thanks and ask for guidance.</u> See how this concept sits with you and give it a try.

- EMF reduction. Here are some general tips for EMF exposure reduction.

- Put your phone on airplane mode as often as possible
- Reduce overall use of wireless:
 - Choose corded items instead of bluetooth
 - Wired ethernet over wireless
 - Reduce cell phone use
 - Avoid "smart" technologies
 - Avoid Bluetooth
- Turn Off wireless devices when possible
- Distance: Stay at a distance from EMF-emitting sources, such as power lines, Wi-Fi routers, and electronic devices. The intensity of EMFs reduces significantly with distance.
- Limit cell phone use: Use a hands-free device or speakerphone when talking on a cell phone, and avoid keeping it close to your body for extended periods. Texting can also reduce the proximity of the device to your head.
- EMF shielding: Consider using EMF shielding products like cases for cell phones, shielding fabrics, or protective covers for laptops and tablets.
- Sleep environment: Keep electronic devices away from your sleeping area, as this is the time when your body needs rest and minimal interference.
- Limit screen time: Reduce the amount of time spent using electronic devices, especially close to bedtime.
- EMF-reducing devices: Some devices claim to reduce EMF exposure, such as low-EMF emitting routers or protective cases for cell phones. Be cautious and research the effectiveness of such products before purchasing.
- EMF meters: Consider using EMF meters to measure and identify high EMF areas in your home or workplace. This way, you can avoid spending prolonged periods in high EMF zones.
- Grounding exercises: Grounding techniques, such as walking barefoot on natural surfaces like grass or soil, may help reduce the impact of EMF exposure.
- Spending time in nature, especially around trees.

You may like to read my blogs where I've discussed EMFs

<https://biosoulnaturopathy.com/could-magnesium-be-the-key-to-protecting-against-emf-effects/>

<https://biosoulnaturopathy.com/grounding-shields-you-from-emfs/>

- Vitamin D. Ensure you get sun exposure each day- at least 15-20 minutes. Early morning and late afternoon are the best times- I don't recommend using sunglasses when the Sun is low in the early morning and afternoon as the wavelengths of

	<p>light at this time are beneficial for our brains and bodies – immune function, cortisol levels, focus, energy. Read this article from Stanford Ophthalmologist Andrew Huberman for an in depth explanation.</p> <p>https://www.hubermanlab.com/newsletter/using-light-for-health</p> <p>*Vit D is a fat-soluble vitamin that helps the body absorb and retain calcium and phosphorus; - both critical for building bone. Additionally, vitamin D can reduce cancer cell growth, help control infections, regulate the immune system and reduce inflammation .</p>
Barriers	<ul style="list-style-type: none"> - Time until blood levels are stable
Referral/Investigations	<ul style="list-style-type: none"> - See if your doc can get vitamin D levels tested. - Kinesiology/energy work with Kristie Ives
Prescription	-
Recipes:	-
Other	<p>Let's organise your return visit from when you've got clearance from your haematologist that your all your blood parameters are at a stable and appropriate level. From there we can do an assessment of your supplements to optimise them and look into any other kind of supports that we can implement - should you need them!</p>

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.