

# HEALTH CARE PLAN

Tracy Harvey



# Wholefood and Wellness Health Care

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**DOB:** 09/08/1975

## HEALTH GOAL

Reduce Menopausal symptoms: healthy hormonal balance. Hot flushes. brain fog.

Improve energy/fatigue fluctuations

Improve body aches and pains

Sustainable lifestyle at a sustainable pace

## COMMENTS

Our goal is to simplify and build upon foundational steps in a sustainable way that will fit into your current lifestyle.

We will do this by starting with a structured meal template that will be adapted as we go. A food list that will address current symptoms and blood pathology.

We will cover healthy coaching as we go to build awareness to how you are feeling and the things that you can easily impliment into your day and week to make this a will make this an sustainable lifestyle

## PRESCRIPTION & INSTRUCTIONS

- Blood pathology: Metabolic Balance pathology + thyroid autoantibodies. DONE
- Magnesium Citrate: muscle, metabolism, sleep
- Activated Multi Bs: Energy production. Immune, metabolism, nervous system, sleep
- Activate probiotics (IBS): gut health support. Microbiome. Constipation. sleep
- Zinc citrate: Stomach acid, digestion, gut health, immune...
- HCL: improve digestion, gut function

Fortnightly appointment to maintain progress and make quick adjustment as needed.

Appointments will be extended out as progress is made.

Having support and accountability so that you can troubleshoot any issues is very valuable at the start of yourhealth program.

I look forward to supporting you in optimal health and wellness.

Cherish Yourself  
Jodie Studley



# 3-DAY MEAL PLAN STAGE 1

DATE:     /     /

MEAL	DAY 1 _ _ _ _ _	DAY 2 _ _ _ _ _	DAY 3 _ _ _ _ _
<p>Water 30 minutes before food</p> <p><b>BREAKFAST</b></p> <p>Coffee after food</p>	<p>Poached eggs spinach, sprouts, mushroom sourdough toast;</p> <p>Butter 30mls Healthy Oils</p>	<p>Granola: homemade</p> <p>Flaxseed oil 30mls Healthy Oils</p>	<p>Overnight Oat Fruit</p> <p>Flaxseed oil 30mls Healthy Oils</p>
<b>SNACKS</b>	Almonds/sunflower seed	Hummus dip veg sticks	boiled egg sprinkle of paprika.
<p>Water 30 minutes before food</p> <p><b>LUNCH</b></p>	<p><b>P:</b> Grilled chicken <b>C:</b> mixed greens, cucumber, tomato, (B)gherkins <b>F:</b> avocado oil</p> <p>piece of fruit 30mls Healthy Oils</p>	<p><b>P:</b> Roast Beef slices <b>C:</b> mixed greens. Cold roasted vegetables <b>F:</b> olive oil and (B)lemon juice dressing</p> <p>piece of fruit 30mls Healthy Oils</p>	<p><b>P:</b> Cream cheese <b>C:</b> Sprouts, (B)rocket, Ryvita crackers Olive oil <b>F:</b></p> <p>piece of fruit 30mls Healthy Oils</p>
<b>SNACKS</b>	Cheese, rice crackers.	Apple and a small handful of sunflower seeds.	almond butter and apple
<p>Water 30 minutes before food</p> <p><b>DINNER</b></p>	<p><b>P:</b> Salmon <b>C:</b> steamed vegetables <b>F:</b> olive oil</p> <p>30mls Healthy Oils</p>	<p><b>P:</b> Roast chicken breast <b>C:</b> mashed cauliflower steamed asparagus <b>F:</b> Olive oil</p> <p>30mls Healthy Oils</p>	<p><b>P:</b> Pork loin <b>C:</b> roasted vegetables <b>F:</b> Ghee</p> <p>30mls Healthy Oils</p>
<b>NOTES</b>	<p>Daily bowel movement</p> <ul style="list-style-type: none"> <li>• Psyllium Husk</li> <li>• Slippery Elm powder</li> <li>• AloeVera Juice</li> </ul>	<p>Hydration</p> <ul style="list-style-type: none"> <li>• Healthy oils every meal</li> <li>• Water : 1.5 litres =6 cups</li> </ul>	<p>Stomach acid</p> <ul style="list-style-type: none"> <li>• Bitter foods</li> <li>• Avoid coffee on an empty stomach</li> </ul>



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Water 30 minutes before food			
<b>BREAKFAST</b>			
<b>SNACKS</b>			
Water 30 minutes before food			
<b>LUNCH</b>			
<b>SNACKS</b>			
Water 30 minutes before food			
<b>DINNER</b>			
<b>NOTES</b>			



# Making Small Changes That Last

Making changes can feel a little overwhelming at the start of any new health program.

Our aim is not to try and do everything at once, but to adopt and adapt small changes one at a time.

## **Avoid:**

wheat, and grains at this point

Cow dairy. Milk and yoghurt.

Avoid drinking with meals

Minimal Cruciferous vegetables at this stage (cauliflower, broccoli, Brussel sprouts)

## **Include:**

Gluten free bread /pasta options

Cheeses - goat, sheep, haloumi, cream cheese, mozzarella

Colourful vegetables and fruits every meal

Quality protein every meal

## **Include:**

Healthy Oil every meal:

Flaxseed oil, Ghee, Extra virgin Olive oil, Coconut Oil, Avocado Oil, Pure Butter

## **Include:**

Fresh: Ginger, Garlic, Tumeric

Green tea, Peppermint tea, Chamomile tea

Fresh Herbs: Rosemary, Thyme, Mint, Coriander, Basil,

Spices: cayenne pepper, paprika, fenegreek, cloves, fennel, cumin

## **To Do:**

Lemon Juice or Apple cider vinegar first thing in the morning to activate digestion

Psyllium Husk: 1 tablespoon spoons mixed in water before bed to get a better quality stool in the morning

Slippery Elm: most effective when taken 1-2 hours before meals

## **To Do:**

Slightly steam your vegetables at this stage.

This helps breakdown foods and makes it easier for digestion

# Associated symptoms

High RBC count, Salmonella infection, hypothyroidism, and potential methylation issues with B12 and folate, here is a list of symptoms she might be experiencing:

- **Fatigue** - Likely linked to thyroid transient phase. Disrupted hormonal cellular conversion. Vitamin D levels, Low free calcium levels. Pathology indicated
- **Digestive Issues** - Candida overgrowth. Imbalance microbiome. May lead to diarrhea, nausea, or abdominal cramping, constipation, liver dysfunction.
- **Oral microbiome Infection:** Symptoms, gum disease, yeast on tongue. Indicated in pathology
- **Low stomach acid:** nausea, water dislike, nutrient digestion and absorption,
- **Constipation:** Gut microbiome dysbiosis, nutrition, Hydration, exercise, minerals, thyroid ...
- **Pain under ribs:** sluggish gall bladder. Also indicated in pathology
- **Unrefreshed sleep:** hormonal imbalances, liver function, cellular energy (thyroid)
- **Hormonal/menopause symptoms:** made worse by liver function, underlying thyroid function and digestive/gut health, constipation, nutritional imbalances.
- **Irritable Bladder:** dehydration. Bacterial overgrowth. Hormonal imbalances. Lifestyle choices
- **Brain Fog and Concentration Issues** - Under/over thyroid function and methylation imbalances could impair cognitive clarity.
- **Numbness or Tingling** - Could indicate a B12 deficiency if her body isn't effectively methylating supplements.
- **Muscle aches/Pain/Weakness** - Thyroid function, B12/folate metabolism, hidden inflammation (oral/gut). Low Vit D. Low magnesium.
- **Joint Pain or Swelling** - Inflammation could exacerbate discomfort in the joints.
- **Heart Palpitations** - Arrhythmias/lightheaded. Infection. Low nutrition. Hydration, mineral imbalances, hormonal imbalances.

Managing this complex set of symptoms will require addressing the root causes step-by-step, such as

- improving gut health post-infection, and digestive function
- ensuring effective nutrient digestion and absorption,
- Heal the gut lining. reduce bloating, nausea, stool movements, skin related flareups etc ..
- Regulating thyroid function for hormonal balance
- Supporting liver detoxification pathways and gall bladder function
- Address bladder function
- Improve sleep quality
- Reduce inflammation in musculoskeletal system. Eg shoulder, neck, sacral, tendonitis, toe cramps
- Monitor Blood pressure
- Monitor arrhythmias