



Treatment Plan- Darren Hannah

07/02/2025

The following recommendations aim to address the main focus of our consultation which was support you on our path to improved health and wellbeing. Also, to adapt a more holistic approach to managing your conditions.

Recommendations

- Continue healthy eating habits and maintain a wholefood approach to eating (as close to nature as possible). This involves avoiding processed and packaged foods where possible. Include lots of vegetables, some fruit, healthy fats (e.g. olive oil, avocado, almonds), oily fish where possible (e.g. sardines, salmon), good protein and wholegrains. Choose organic, free range and non-GMO options where possible to limit exposure to pesticides, hormones and other chemicals. However, it's more important to focus on improving your current diet and making sustainable changes (see anti-inflammatory diet attachment which is basically what I've outlined above. Ignore the excluded vegetables and herbs/spices sections).
- Significantly reduce caffeine intake (coffee, tea, caffeinated soft drink etc). You may like to consider aiming to halve your current intake to begin with. Excessive caffeine can increase anxiety, agitation and increase the toxic load on your liver and kidneys (among other things). Replacements may include herbal tea such as dandelion root tea which is a good caffeine alternative (aim for certified organic and loose leaf where possible) or hot water with lemon and fresh ginger (bruise the ginger first).
- Ensure to continue getting adequate sleep. Maintaining a healthy bedtime routine can help which may include:
 - Having a regular sleep/awake time
 - Trying to get to bed by 10pm
 - Ensuring daily sunlight exposure of 30-60mins (esp. morning sun, in conjunction with sun smart practices)
 - Avoiding scheduling too many activities at night which may leave insufficient time to wind down
 - Stopping all activities that require concentration or cognitive behaviour at least 30mins before bedtime

- Continue acupuncture for pain management and to improve and maintain good energy or flow of Qi throughout the body.
- Continue incorporating herbal teas into your daily routine. I would suggest a combination of Chamomile, Lavender and Passionflower (possibly Lemon Balm and Nettle). Happy to make you up some if required.

Follow up Consultation- 3-4 weeks (possibly 1 March at 10:30am if this suits)

At this time, I suggest we look at the following:

- Review suggested treatments above e.g. what appears to be helping and your observations
- Consider a magnesium supplement at night to promote a deep sleep and reduce waking
- Discuss your appointment with your psychiatrist
- Provide more information and possible recommendations on herbal medicines that may be beneficial
- Consider incorporating more antioxidants into current regime

Future Recommendation

- Consider spiritual healing as part of your healing journey