



Consultation Date: 2021-10-07 Follow up visit:

**Holistic Health Treatment Plan
Prepared by Amy**

Current Health Priorities

PMS symptoms, Mood & Anxiety, Sleep & Energy

Aims of Holistic Health Management

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

Time Frame to Achieve

Reduce PMS symptoms & mood fluctuations

**Regulate cortisol levels & increase more
moments of 'rest & digest'**

**Increase bowel regularity to improve elimination
& detoxification**

**Improve sleep maintenance to improve energy &
restoration of nervous system**

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

Diet

BOWEL REGULARITY

- Increase sources of fibre (veggies & low sugar fruits) - cruciferous veggies such as cauliflower, broccoli, kale & Brussel sprouts in particular will also help with elimination/detoxification of any excess.

- Increase water intake to 2L a day you can flavour it with some mint leaves/raspberries/blueberries - herbal teas count but please have an extra glass of water for each cup of black tea you consume.

REGULATE CORTISOL LEVELS/NERVOUS SYSTEM

- Limit black tea to before 4pm each day to allow for your nervous system to settle down each night & improve hydration levels

- Try to consume chamomile/peppermint teas every day after 4pm

HORMONE SUPPORT

- Replace as much dairy as possible with dairy-free alternatives - coconut yoghurt, cacao treats & 70% or higher dark chocolate - cacao is a good source of magnesium too!

- A breakfast alternative to support your hormones - coconut yoghurt, 1 table spoon of each of these seeds (hemp seeds, sunflower & flaxseeds), cacao powder, cinnamon, kiwi fruit, mixed berries & hemp protein or collagen powder, ABC nut butter, honey/stevia. OR 2 x eggs with sautéed spinach & mushrooms on rye sourdough

SUPPLEMENTS

MediHerb Nevaton - 1 tablet x twice a day (AM & PM)

Orthoplex MagTaur - 1/2 scoop in water each morning

Lifestyle

NERVOUS SYSTEM SUPPORT

- Download The Tapping solution app and experiment with this technique to alleviate stress & anxiety. You can find more info about here: <https://www.thetappingsolution.com/>

- You can also try an Epsom salt bath/foot bath each week to reduce muscle soreness & nervous tension.

SLEEP HYGIENE SUPPORT

- Implement sleep hygiene strategies (see handout) to calm the nervous system before bed to allow for deeper rest & rejuvenation

- Add lavender essential oil to your pillow each night to assist in calming your brain

Referral/Investigations

See referral letter for blood tests from doctor

Prescriptions	
** Repeat prescriptions beyond 3 months may require a follow up consultation before items can be dispensed **	
Product: Orthoplex White MagTaur Xcell 200gm, repeat: 1 Product: MediHerb Nevaton Forte 60 tabs, repeat: 1	
What could stop you from achieving these?	
Barriers to Change	Strategies for Success