



Holistic Treatment Plan – Zoe Cox

Follow-up consultation 21/01/2021 Practitioner: Melissa White

CURRENT HEALTH PRIORITIES

1. UTI

AIMS

- Soothe and reduce bacterial adhesion to urinary mucous membranes
- Reduce population of pathogenic bacteria
- Support immune system

ACTION PLAN

Diet

- Drink plenty of water to flush urinary system – Note, dehydration can be a trigger.
- Reduce dietary sugar intake.
- Ensure adequate fibre intake to support removal of any bacterial die-off products (i.e., psyllium).

Supplements

Treatment	Dosage
LifeSpace Womens Microflora probiotics (Coles)	1 capsule 2/day whilst taking antibiotics, then drop down to 1 per day.
Slippery elm	Have half a teaspoon in a small glass of warm water 3 times per day.
Cranberry tablets	Continue – will stop bacterial adhesion.
Herbal tonic	Continue – support GIT and immune system

*If there are any major changes to your supplements, medications, or life circumstances (i.e., pregnancy), please let me know to avoid interactions or any safety issues. If you have any adverse reactions, please stop and notify me as soon as possible.

