

THE SANA CO.

NATUROPATHIC CLINIC

Welcome,

Thank you for choosing The Sana Co for your healthcare solutions and your ongoing commitment to achieving your optimal health and wellbeing.

In terms of what to expect; it is a process in which your practitioner and you collaborate to achieve your optimal health and wellbeing.

An initial consultation is 1 hour long, and involves a comprehensive case history, testing, diet and lifestyle analysis and recommendation. From the information I gather in this consultation a health report which includes the findings, and a treatment plan which sets out our goals, short and long term. This is presented to you in the 2nd consultation of 30 minutes and any appropriate remedies may be prescribed. This saves time and money in the long run, as we both know what we need to achieve and how we are going to achieve it.

Restoring full health and attaining wellness is an exciting process. Here at The Sana Co we are dedicated to working with you, committed to supporting and guiding you all the way. This is a commitment that is full of rewards including newfound energy, vitality, awareness and understanding. The early stages are more intensive but overtime as you achieve your goals, you will find the process of maintaining your optimal health and wellbeing simple, as it becomes a way of life.

We look forward to working with you to nourish and nurture your gift of health.

Regards,

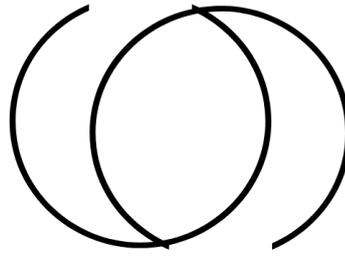
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Eating well doesn't have to be hard. Going back to basics and learning about what you are putting into your body is all part of eating well for life. There are 3 simple rules that I follow. Following these 3 rules as best as you can will get you started on your journey to optimal health and wellbeing.

1. **Every meal should contain protein, fruits/vegetables and good fats (see below for more information).**
2. **Drink at least 2 litres of water a day**
3. **If it comes in a packet, or has more than 5 ingredients its best to be avoided.**

**Protein
Portion**



PROTEIN Protein needs to be included in every meal, however it can be in a variety of different forms. See attached form for a more comprehensive list of protein sources but whether it be meat, legumes, nuts and seeds or yogurt - a palm size is your serving size. If you are needing to loose weight your serving size of protein will be larger, extending up to your first knuckle. Protein is needed for muscle growth, immune function and nervous system maintenance as well as many other actions.

**Vegetable
Portion**



FRUIT & VEGETABLES As a standard rule, 2 pieces of fruit should be consumed daily and 5 servings of fruit and vegetables. It will be easy to achieve this goal if you include a double cupped handful of fruit and vegetables with every meal. Within this handful there should be many different colours and types of fruit/vegetables. (Eg. For breakfast you might have a big handful of berries and banana. For lunch you might add a big handful of broccoli, spinach, carrot, capsicum and mushrooms to a stir fry.) This ensures you are getting adequate fibre, antioxidants and many other different essential nutrients.

**Good
Fat**



GOOD FATS Every cell in your body depends upon adequate fatty acids in the diet to function optimally. While fish is a great source of omega 3 fats and a great source of protein, there are many other ways to include good fats into your diet. Good quality, raw cold pressed olive oil, almond oil or avocado oil to the amount of 2 fingers worth drizzled over meals such as salads, stirfrys, even

GRAINS Keeping grains to a minimum is recommended as they are generally pro inflammatory. If you are going to have grains choose whole grains like brown rice, quinoa, buckwheat and oats. If you love your bread, choosing a good quality bread like a sourdough, rye or even a rice bread is recommended, but still keeping the intake to a minimum, having no more than 2 slices a day.