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**HELIOS NATURAL THERAPEUTICS**

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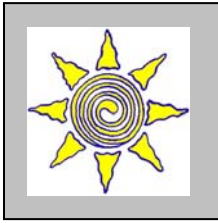
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**Holistic Health Plan**

Prepared for

*CLIENT'S NAME HERE*



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## **Holistic Health Plan**

Prepared for CLIENT

This Holistic Health Plan is designed to address your health concerns, exploring causes and symptoms individually and also in relationship to each other. The goal is to assist you in achieving complete well-being – holistic health. It is not simply about alleviating symptoms but rather about becoming and staying well.

This Plan is a guideline, not a prescription. It outlines presenting problems, potential explanations and causes, and suggested corrective treatments including remedies and lifestyle changes. It is up to you to determine the wisest application of these guidelines, consulting with me and with your physician as needed. No diagnoses are made. Instead, possible causative factors and related issues are explored from physical, mental, emotional and spiritual perspectives. Throughout, an attempt is made to understand and treat the condition(s) holistically.

Included in this Plan is a general discussion of your complaints and possible explanations and remedies. This is followed by a list of specific complaints. For each complaint, a list of possible remedies is provided within each of several treatment modalities including essential oils (topical application and aromatherapy), flower essences, nutritional supplements, exercises, herbal medicines, cleansing regimes and bodywork. It is assumed that Core Synchronism (cranial-sacral therapy), Polarity Therapy and massage are useful for all conditions since they work to restore, realign and balance vital energy in the system, and are deeply relaxing on all levels.

\* = **important remedy/treatment within category;**  
**to begin as soon as possible**

Relaxation is essential for healing. Homeopathic remedies are not explored in depth within this plan since they should be taken one at a time (according to classical homeopathic practice) and determined immediately prior to the time of administration based on the present, and extremely individualized, symptom picture.

The suggested remedies and treatments listed below are comprehensive but not all remedies should be taken simultaneously as there may be some contraindications and the possibility of system overload. Thus the protocol below is best followed in segments with the highest priority recommendations indicated by an asterisk and highlighted with bold type. **The herbal remedies listed have not been crosschecked for possible contraindications with pharmaceuticals that you are currently taking. Before taking any herbal remedies it is imperative to ensure their compatibility with other medications.** This is a service I can provide, though due to its time consuming nature it would require an additional fee.

*Thibodeau Natural Therapeutics does not prescribe nor diagnose and is not liable for any adverse effects that may occur as a result of following this health plan or using any of the remedies included in any method or combination.*

*All remedies listed are suggested as potentially beneficial, however it is the sole responsibility of the client to determine the safety of this plan and the remedies and treatments outlined within.*

## **General Discussion**

### **Introduction**

*This is a general 3-10 page discussion of the Client and an overall analysis of the situation. It may include:*

- *Basic profile of the Client including reasons for visit and discussion of presenting complaints including mental, emotional, physical and spiritual issues;*
- *Discussion of relationships between the Client's mental, emotional, physical and spiritual aspects;*
- *Discussion of possible remedies and treatment modalities;*

**\* = important remedy/treatment within category;  
to begin as soon as possible**

### **PRESENTING CONDITIONS AND POSSIBLE REMEDIES**

This section discusses each of the Client's complaint separately and then provides a listing of possible remedies within each of several categories. These categories are:

- Diet;
- Essential Oils;
- Flower Essences;
- Homeopathy;
- Herbal
- Nutritional Supplements;
- Exercise and Hydrotherapy;
- Cleansing;
- Other

*This Holistic Health Plan is intended to be used as a guide for self-care over a specified period of time. Treatment and remedy possibilities listed should not be taken together but rather as needed after careful consideration by the Client and in consultation with a Physician.*

The number of conditions covered within this Plan is up to the Client. An example of one condition for a hypothetical Client is provided below:

**Condition/Goal: Improve General Nervous System Function**

**Treatment modality  
and possible remedies:**

Diet:

1. **\*Reduce or eliminate sugar, acid forming foods including animal proteins, some grains, all dairy, coffee, tea, and caffeine, alcohol, citrus juices, and processed foods. Replace with fruits and vegetables, eat lots of pineapple (for bromine and liver) soy products, nuts, beans and other legumes, and spirulina. Drink lots of water (8 oz. Per 20 lbs. Body weight per day).**

Essential Oils (For brain and nervous system):

1. Blends: Brain Power and Valor, Helichrysum or Frankincense with Aromalife. (Young Living)
2. Single Oils: \*Helichrysum, \*Juniper, Frankincense, Myrrh, Cypress, \*Sandalwood, \*Roman Chamomile (RS)

*Apply oils directly or with carrier oil directly to brainstem area, entire spine, temples, lumbar area.*

3. For massage of muscles: Marjoram (10 drops), Basil (5 drops), Rosemary (15 drops) diluted in 2 tablespoons veg. oil.

Flower Essences:

1. **Ether and Air element balance – \*Pentamirus Flower Essence – take as a constitutional (after finished with current remedy).**

\* = important remedy/treatment within category;  
to begin as soon as possible

2. Red Passion Flower (RS), Ylang ylang (RS), Ginseng (RS)

Herbal: Nettles, Red Clover, Alfalfa, and Horsetail decrease blood toxicity and acidic compounds, and add trace minerals. Also, try cleansing or detox formula.

Supplements:

1. **\*Calcium to maintain nerve signal transmission and \*Magnesium.**
2. MSM
3. **Essential Fatty Acids – \*omega 3’s such as \*flax seed oil ( one tablespoon per day with protein) and omega 6’s such as \*evening primrose oil (550 mg 3x daily), black currant oil (1gram, 2-3 times daily) decrease inflammatory prostaglandins and support heart function. Try Udo’s Choice or Essential Balance brands.**
4. **Vitamins including: \*B complex, \*C, \*Zinc (50-75 mg), A, \*E**

Exercise and

Hydrotherapy:

1. **\*Daily exercise with aerobic exercise at least 3x per week for 20-30 minutes to increase production of endorphins.**

Cleansing:

1. **\*Cleanse colon. Perform 2 enemas (1-2 bags per session) per week for a month; then reduce to one per week for two months and evaluate.** Or get a series of colonics (gravity and temperature important); the colon is related to the pelvic area and is the most emotional organ and relates to control of elimination and the uptake/elimination of water. Improvement should be visible in 30-90 days. Be consistent, as this is very important for you! Also herbal Yellow Dock and Garlic taken internally.
2. **\*Acidophilus and /or Bifidus Cultures to reestablish beneficial bacteria after use of antibiotics.**

3. Liver Tone/Cleanse (herbal) (perform in consultation with a qualified herbalist and your Physician):

Milk Thistle, Oregon Grape Root (be careful with overactive livers), Red Clover, Chaparral, Burdock. Consider Liver Cleanse (Vitality Works) or Detox (Cape Cod Herb Spice and Tea) herbal formulas.

Skin Cleanse: Burdock, Dandelion, Yellow Dock

Exercise and Hydrotherapy: **\*Exercise is essential! Spirit is trying to move you through change. Go with it! See above.**

Other conditions/goals you may want to address in your personally tailored Plan include:

- Fatigue//Increasing Energy
- Cardiovascular Health
- Asthma
- Anxiety/Depression
- Cancer
- Allergies
- Cleansing
- General Well-being