

# ALISON HOY

Nutritionist

## Natural Medicine

Philosophies of natural medicine believe the body entails an innate power to self-heal. Natural medicine involves many different therapies to encourage this inherent power via giving all the tools the body requires to repair and replenish. Another main aspect of natural

medicine is the concept of prevention. Practises focus of restoring balance in the body in order to prevent issues such as inflammation, which after a prolonged period of time can result in the development of disease.



## Nutritional Medicine

Nutritional medicine falls under the umbrella of natural medicine. Therefore, practice and treatments explore a range of holistic interventions to assist restoring any imbalances the body may be experiencing. While diet is the main focus, lifestyle, mental health and spiritual aspects are also considered as a holistic style of treatment.

Main focuses include: countering inflammation, restoring gut health, energy, vitality and mental health. Other features include weight loss and weight gain and other goals which can be explored through dietary modifications.

## Nutrition Consultation structure

### *Initial consultation*

What does this include?

The initial consultation is a one hour, one on one appointment. It involves an in depth case taking session, exploring a variety of personal health and lifestyle questions in order for me to get an insight of your current health state and establish your health goals.

In this consultation we discuss whether a strict eating plan is desired or a treatment plan with slow integrations of nutrition and lifestyle adaptations will best suit.

### *Tailored nutrition eating plan along with a follow up consultation*

(recommended for weight loss/gain etc.)

If you're someone who needs strict dietary advice and structure to help incorporate healthy eating this may be the approach best for you. However, it is important to keep in mind an eating plan should only be used short term to help reach your goals.

The follow up consultation allows me to run through your nutrition plan specifics and ensure I have incorporated your expectations. This usually takes about 30 minutes.

### ***Treatment plan and follow up consultation***

(recommended for someone with health concerns or areas of weakness they would like to improve on)

A treatment plan approach is for individuals who wish to be eased into a healthier lifestyle. Making changes can be over whelming, this method allows someone to slowly integrate nutritional, supplemental and lifestyle changes to their daily living.

This is often more effective for long term health and well-being as it provides sustainable changes. The approach is done progressively, so usually a minimum of 2-3 additional follow up consultations are required.

In this follow up appointment an explanation and reasoning is given regarding the treatment plan specifics and the applications of your protocol.

### **Treatment plan follow up consultations**

In this consultation we reassess your treatment plan and ensure the actions are still right for your goals and improvements are being seen. Additional nutritional and lifestyle modifications can be added depended on the individual and the progression.

## **Package one**

***Tailored nutrition eating plan, a treatment plan along with the follow up apt \$160***

This package comes with a treatment plan, a tailored eating program and a consultation.

Choosing this package gives you the best likelihood of reaching your goals as it provides both a short term eating structure along with advice on diet and lifestyle modifications which should then be carried through in order to maintain healthy living.

This package also comes with additional educational material and recipes.

## **Standard follow up consultations**

<b>Consultation/service type</b>	<b>Consultation Duration</b>	<b>Price</b>	<b>Price for cube members</b>
Initial consultation	1 hour	\$110	\$100
Follow up consultation	30 minutes	\$50	\$45
Tailored eating plan along with a follow up consultation	40 minutes	\$140	\$130
Treatment plan along with a follow up consultation	40 minutes	\$110	\$100
Treatment plan review follow up consultation	30 minutes	\$50	\$45
Package (tailored eating plan/ treatment plan and consultation)	45 minutes	\$175	\$160

To book, contact Alison via email [alison@thecubegym.com.au](mailto:alison@thecubegym.com.au) or online via [www.thecubegym.com.au](http://www.thecubegym.com.au) or The Cube Gym App, available here: <https://goo.gl/hViNWd>

# EXAMPLE MEAL PLAN



The Fitness NUT  
Alison Hoy  
Bachelor of Nutrition

Example of a meal plan				
Meal kind	Monday	Tuesday	Wednesday	Thursday
Breakfast	Egg based breakfast (options are provided below)	Smoothie (Options are provided below)	Muesli or overnight oats (recipe provided below)	Egg based breakfast (options are provided below)
Snack	Protein ball or chia seed pudding (recipe found below)	2 X boiled eggs with	Protein ball or chia seed pudding (recipe found below)	Piece of fruit (options can be found below)
Lunch	Salmon or lentil patties with steamed vegetables or salad (recipes provided below)	Tuna with broccoli and cauliflower rice with pesto (recipe provided below)	Salmon or lentil patties with steamed vegetables or salad (recipes provided below)	Tuna with broccoli and cauliflower rice with pesto (recipe provided below)
Snack	Vegetable stick with the following	Piece of fruit (options can be found below)	Vegetable stick with the following	Protein ball or chia seed pudding (recipe found below)
Dinner	(Chicken dinner-options below)	(Vegetarian dinner-options below)	(Fish dinner- options below)	(Soup night or stir fry night options below)

# EXAMPLE TREATMENT PLAN

 <span style="float: right;">The Fitness NUT Alison Hoy</span>	
<b>Treatment Plan (Jane Lovitt 20/06/16)</b>	
<b>Treatment aims</b>	
<ol style="list-style-type: none"> <li>1. Decrease body fat percentage by 5% within the next 5 months</li> <li>2. Prevent future nutrient deficiencies (esp. B12 and stored iron these two nutrients are vital for every action in the body)</li> <li>3. Support liver function (this helps weight loss, energy levels and skin quality)</li> </ol>	
<b>Specific measures required to reach goals</b>	
<ul style="list-style-type: none"> <li>• Follow the nutrition plan for the next 6 weeks (then reassess) designed to:               <ul style="list-style-type: none"> <li>- Increase HCL to enhance digestion and absorption of micronutrients</li> <li>- Ensure adequate protein is eaten throughout the day to promote lean muscle growth (favoured to increase metabolic rate)</li> </ul> </li> </ul>	
<b>Dietary interventions</b>	
<ol style="list-style-type: none"> <li>1. Daily incorporation of the following foods/nutrients:               <ul style="list-style-type: none"> <li>• Each morning- enhances hydrochloric acid and bile production</li> <li>• glutamine, <b>gelatin</b>, and collagen for gut healing and minerals (including iron)</li> <li>• Slow incorporation of fermented vegetables- provides fibre and probiotics</li> <li>• <b>Dandelion</b> root tea to encourage and support detoxification</li> </ul> </li> </ol>	
<b>Lifestyle interventions</b>	
<ul style="list-style-type: none"> <li>• <del>Food prep</del> 2 times each week suggestion: roast a tray of vegetables, cook a pot of quinoa and make a pot of cauliflower and broccoli rice to keep ready to go in the fridge. Can also make a batch of bliss balls for after dinner treats or occasional snacks.</li> <li>• 4 X training days per week</li> <li>• 5-10 minutes of deep breathing or 15 minutes of yoga (can be morning or night) to reduce cortisol levels (cortisol hinders fat loss)</li> </ul>	
<b>Supplements</b>	<b>Dosage</b>
<ol style="list-style-type: none"> <li>1. Pure Liver GI detox (<del>check</del>)</li> <li>2. <del>Bioc</del> <b>Bioc</b>uticals B12 spray (Dee why discount vitamins)</li> <li>3. <del>Spartan</del> <b>Spartan</b>-iron (Dee Why discount vitamins)</li> </ol>	<ol style="list-style-type: none"> <li>1. 2 capsules daily (2 with breakfast or with dinner) until course is completed</li> <li>2. 2 sprays under the tongue daily (one morning and one at night) (cycle intake)</li> <li>3. 1 sachet in 200mls of water before bed (test levels in 3 months and reassess)</li> </ol>
<b>How to get started</b>	
<ol style="list-style-type: none"> <li>1. Read the education material provided</li> <li>2. Spend a week before you start the program getting yourself prepared</li> <li>3. Visit the following stores to get acquainted with where you can purchase items you're not familiar with. (Dee why discount vitamins= teas, and fermented vegetables. Shiralee meats= bone broth, gluten free alternatives and organic produce. Or come up to taste and see me ☺)</li> <li>4. Buy your supplements/apple cider/fermented veggies (I buy peace love or <del>leaves</del> sauerkraut)</li> </ol>	