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In other words, I am here to empower you with information, and it is up to you to make the decisions that are right for your family.

Day 5 THE PLAN

We have gone through a LOT of materials over the previous 4 days about the many things that can cause a chronic condition as well as a hefty list of tools that will help to heal, reverse, or significantly improve your child's health. Now we need a plan that will lay out what tools you will use and when. This planning will greatly improve your chances of success because when you are organized you will be less likely to be overwhelmed, lost, or disheartened, AND more likely to be clear, empowered, and hopeful.

When my daughter received the big diagnosis, I got busy, and I got organized. I completely understand and empathize with two other moms I know in our community whose children received the same diagnosis mere months before my daughter did and both had nervous breakdowns. But I think that the reason I did not was that I knew there were things I could do about it, and I got busy educating myself further and getting my poop in a group. It was NOT easy. No. And I still went through it all: the mourning, the anger, the frustration. But my feelings were not really toward the condition (and the belief that there was nothing I could do) but toward the lack of support I was receiving. Now, I



try to lessen the blow for other parents by teaching them how to relieve the stress and respond rather than react. And a HUGE part of that is to create a plan.

The process of planning can get complicated, but my purpose here is to make it as easy as possible for several reasons:

1. Parents can feel overwhelmed and powerless, both of which come out of fear, disorganization, lack of direction, and lack of support and solutions.
2. Parents can't always find knowledgeable clinicians to do it for them or even guide them.
3. Therefore, parents need to be informed, inspired, and empowered to do this work, themselves.
4. And even if parents have ample support, the people who are really making it all happen are the caregivers (most of the time the parents) that are in the home every day and the kids, themselves. So, they need to know what they are doing and why and be "all in" regarding the treatments, practices, and therapies that they will be employing. They have to *decide* what they want to do and *understand* why they are doing it in order to reach the goals they have set.

Making the Plan

So, let's get organized! Start here: REMOVE sources of stress, ADD sources of healing, start to REPLACE with positive lifestyle practices, and RE-INOCULATE the body with healthful foods, nutrients, and thoughts.

Tenets of the Plan

Identify the Problems

Identify Your Goals

Consider Your Child's Health History

Identify Root Causes

Assess Current Therapies and Strategies (Including Medications)

Identify Possible Solutions, Therapies, and Timelines

Create a Budget

Keep Records and Map Progress

Keep Healthy Practices

Move on from Temporary Therapies Once They Have Served Their Purpose



Issues to ALWAYS Address

Epigenetics

Stress Reduction

Family and Community

Diet

Reduce or eliminate EMF exposure

Environment

Lifestyle

Detox

Sequencing and Priorities

Issues Unique to Your Child

Fine-tuning and Individualizing

Always Have These Upstream Goals In Mind:

Balance the microbiome and improve mitochondrial health

Reduce or eliminate chemical exposure and presence in the body (detox)

Reduce or eliminate heavy metal exposure and presence in the body (detox)

Rectify nutritional deficiencies and toxicities

Positively affect epigenetic expression

Setting A Budget

When you are making a healing plan for your child, you must not forget to create a realistic budget for testing, supplements, and therapies. You will certainly need money to pay for all of these things. There is no way around this. However, regardless of whether you have the means to do all of the testing and buy the best supplements or are on a tight budget hoping to be able to meet your child's needs, there is always a way to make a plan that can accommodate your financial situation.

Determine how much money you will have on a monthly basis to allocate to your healing budget. Items might include:

-testing

-organic food

-supplements

-therapies and supports

-retesting

Clearly define your child's needs and prioritize what must be dealt with first.

Start with the foundational, free improvements in your home, habits, and lifestyle.

Choose the most pressing areas to start with and invest your money there.



Take the plan step by step - you do not have to do everything all at once, nor should you. Find financial aid if there is something fundamental that you need but cannot afford.

Setting Goals and Realistic Expectations

Our goal here is to optimize your child's health. We are not here to cure or diagnose or treat, although we sometimes refer to methods of health recovery as "treatments." Those are medical terms that do not apply here. What we are looking for is root cause resolution so that your child can be in the very best health possible, and this may mean that they significantly improve or even completely recover from their health challenges. Our ultimate goal is to see previously believed diagnoses no longer apply to your child. And this may look very different from child to child depending on each child's strengths, challenges, and genetic potential. It will depend on whether your child has experienced significant physical injury or if their health challenges are purely metabolic or hormonal. And even with conditions we understand to be permanent, we have learned that many of them are *not* permanent, and we can also grossly underestimate the body's ability to heal. We just need the right tools, information, inspiration, and you guessed it, *plan*.

Health is not always perfect, either, even when we are fully healthy; there is no measurement of health that fits everyone at all times. In addition, health is individualized, and the principles of bioindividuality lead us to our own unique health formulas. Success at being healthy looks different for everyone and every body. It is a process and not a destination, and although wanting to live healthfully or to recover or to attain the best health possible are motivational goals, perfect health is a moving target which involves flexibility, letting go, and celebrating the successes, however small, that you have on a daily basis. There are many possible outcomes to the plan you will create, so do be gentle and patient with yourself, the process, and your child. There is no predetermined destination except to feel good most of the time without having to worry too much or put too much effort into just living a good, vital life, whatever that may look like for your child.

So, reach for the stars, enjoy the rocket ride, and marvel at every planet you land on along the way. Strive for what could be, because this motivation keeps us vital and always improving, but accept what is because there are gifts and beauty in every single day.

Recommended Reading and Resources:

Your Child's Healing Plan Template PDF

Your Child's Healing Plan Template Word Document

Your Child's Healing Plan Link to Google Doc Template (copy and paste into your own google doc to fill in online)



https://docs.google.com/document/d/1YTQtSnaVms1GKQZd4-1A0jGbVvj3_xoyzB17IUOxy6Y/edit?usp=sharing

Marketplace and Dispensary

<https://healthyfamilyformula.com/marketplace-and-dispensary/>

CHS 4 Reference:

None for today!