



## **Your Treatment and Support Teams - April 2017**

Holistic nutrition includes body, mind and spirit.

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**Hello, Friends!**

## Your Teams

For good health, you need to put together a treatment team and a support team that can help you achieve your health and wellness goals. It does not matter if you are currently healthy, have a temporary condition or you are living with a chronic illness. A good team helps you maintain health, build health or support you during an illness. It will include both preventative care and specific conditions/symptoms care.



Your treatment team is made up of the licensed and registered healthcare providers.

Your support team is made up of family, friends, support group members, psychological professionals, community and church groups and others.

First you need to know who you already have on your teams. Questions to ask yourself.

- 1 - My Treatment Team today is made up of?
- 2 - I would like my Treatment Team to include?
- 3 - My Support Team today is made up of?
- 4 - I would like my Support Team to include?

Write down your answers on a paper or use the team worksheet available by emailing me for the 2 page pdf.

Payment for your treatment team and support team will come from several sources: provincial health care plan, extended health insurance, volunteers, yourself or community groups.

It is very helpful to you and your teams if you keep an up to date list of names, specialty, address, phone, email, etc. of each team member. I keep mine in a MS Word file and keep a print in my purse or backpack, on or in the refrigerator, in the glove box of my car, etc. in case of emergencies.

I also have the up to date file on a USB device, however, most hospitals and clinics are afraid of computer virus/worm/malware and will not plug your USB device into their computers.

Having this information readily available helps others to know who to contact and gain access to your critical information when you are unable to speak for yourself.

## Free Treatment Team Worksheet

Email me at [cathyferrenrhn@gmail.com](mailto:cathyferrenrhn@gmail.com) with Treatment Team Worksheet in the subject line.

## Nutrition and Lupus Book 4: Your Treatment and Support Teams

\$6.99 + HST available at [www.healthy4lif.ca/links---resources.html](http://www.healthy4lif.ca/links---resources.html)

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**Be healthy 4 life,  
Cathy Ferren RHN**

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