Wellbeing Practitioners

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| Week 1 | Week 2 | Week 3 | Week 4 |
|  | Nutrition | Gut Health | Heart Health |
|  | Dietitians  Nutritionists  Naturopaths  Supplement Shops | Gastroenterologists  Nutritionists and Dietitians  Functional & Integrative Medicine Practitioners | Cardiologists  Naturopath  Chinese Medicine |
| Week 5 | Week 6 | Week 7 | Week 8 |
| Sleep | Light | Weight | Genetics |
| Over The Counter Sleep Aids  Prescription Sleep Aids  Sleep Apnoea Options  Snoring Options  Sleep Studies  Smart Sleep Trainers  TCM For Sleep  Sleep Diary | Sunlight Therapy  Vitamin D Supplements  Light Therapy  Colorpuncture  Light Activated Medicines  Laser Therapies | Weight Loss Medication  Diabetes Medication  Over The counterweight Loss Medication  Weight Loss in Chinese Medicine  Weight Loss Surgery | Family History Specialists  Geneticist  Genetic Counsellor  Functional Genomics  Gene Therapy  Genetic Engineering  Precision Medicine |
| Week 9 | Week 10 | Week 11 | Week 12 |
| Toxins | Substances | Trauma | Immune-Related Conditions |
| The Pantry Purge  Food Detox  Household Items  Bathroom Cleanse  Cleaning Products  Toxicologists  Detoxifying Drugs  Detoxifying Herbs and Supplements  Dermatological detox Products | Nicotine Replacement Therapy Products  Prescribed Quit-Smoking Medication  Over The Counter Herbal Medicines  Alcoholics Anonymous  Narcotics Anonymous  Drug & Alcohol Services  Rehabilitation | Recovery  Sensory Integration  Emotional Regulation  Support Networks  Mindfulness  Psychoactive Substances for Trauma  Talk Therapy  EMDR  Neurofeedback  Cognitive Behavioural Therapy  Dialectical Behavioural Therapy  Trauma Aware Clinical Team | Immunologists  Allergists  Oncologists  Over the Counter Immune Support  Antiviral and Antibiotic Medication  Immunosuppressants  Immunomodulators  Anti-Inflammatory Drugs  Medication for Allergies  Immunotherapy  Bone Marrow & Stem Cell Transplants  Specialised Cancer Treatment  Precision Medicine  TCM & Pathogens |
| Week 13 | Week 14 | Week 15 |  |
| Mindfulness | Exercise | Connection |  |
| Online Meditation Sources  Local Meditation Centre  Meditation retreats & Workshops  Mindfulness-Based Therapies | Personal Trainers  Exercise Physiologists  Group Fitness Instructors  Yoga & Pilates Instructors  Online Fitness Coaches | Therapists  Coaches  Allied Health Professionals  Community Support Services  Mental Health Services  Social Support System | Forming a Wellbeing Revolution Team to create a support network |