Wellbeing Practitioners

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| Week 1 | Week 2 | Week 3 | Week 4 |
|  | Nutrition | Gut Health | Heart Health |
|  | DietitiansNutritionistsNaturopathsSupplement Shops | GastroenterologistsNutritionists and DietitiansFunctional & Integrative Medicine Practitioners | CardiologistsNaturopathChinese Medicine |
| Week 5 | Week 6 | Week 7 | Week 8 |
| Sleep | Light | Weight | Genetics |
| Over The Counter Sleep AidsPrescription Sleep AidsSleep Apnoea OptionsSnoring OptionsSleep StudiesSmart Sleep TrainersTCM For SleepSleep Diary | Sunlight TherapyVitamin D SupplementsLight TherapyColorpunctureLight Activated MedicinesLaser Therapies | Weight Loss MedicationDiabetes Medication Over The counterweight Loss MedicationWeight Loss in Chinese MedicineWeight Loss Surgery | Family History SpecialistsGeneticistGenetic CounsellorFunctional GenomicsGene TherapyGenetic EngineeringPrecision Medicine |
| Week 9 | Week 10 | Week 11 | Week 12 |
| Toxins | Substances | Trauma | Immune-Related Conditions |
| The Pantry PurgeFood DetoxHousehold ItemsBathroom CleanseCleaning ProductsToxicologistsDetoxifying DrugsDetoxifying Herbs and SupplementsDermatological detox Products | Nicotine Replacement Therapy ProductsPrescribed Quit-Smoking MedicationOver The Counter Herbal MedicinesAlcoholics AnonymousNarcotics AnonymousDrug & Alcohol ServicesRehabilitation | RecoverySensory IntegrationEmotional RegulationSupport NetworksMindfulnessPsychoactive Substances for TraumaTalk TherapyEMDRNeurofeedbackCognitive Behavioural TherapyDialectical Behavioural TherapyTrauma Aware Clinical Team | ImmunologistsAllergistsOncologistsOver the Counter Immune SupportAntiviral and Antibiotic MedicationImmunosuppressantsImmunomodulatorsAnti-Inflammatory DrugsMedication for AllergiesImmunotherapyBone Marrow & Stem Cell TransplantsSpecialised Cancer TreatmentPrecision MedicineTCM & Pathogens |
| Week 13 | Week 14 | Week 15 |  |
| Mindfulness | Exercise | Connection |  |
| Online Meditation SourcesLocal Meditation CentreMeditation retreats & WorkshopsMindfulness-Based Therapies | Personal TrainersExercise PhysiologistsGroup Fitness InstructorsYoga & Pilates InstructorsOnline Fitness Coaches | TherapistsCoachesAllied Health ProfessionalsCommunity Support ServicesMental Health ServicesSocial Support System | Forming a Wellbeing Revolution Team to create a support network |