

Our Family with HD

Fiona Cachia and Alexandra Cachia



Our Family with HD

- HD Family History
- Fiona's HD Journey



Good Care

- Diet & Healthy Lifestyle
- Body Movement, Physical exercise & Physiotherapy
- Functional Neurology
- Health Supplements
- Routine
- Social Aspect and Family Support



Diet & Healthy Lifestyle



- General wholefoods diet, avoids meat and processed foods
- Gluten free diet
- Dairy Free
- Daily Green Juices
- Daily Green Smoothies
- Minimal Alcohol
- Wild Salmon, once a week

Body Movement & Physical exercise

- Yoga
- Pilates
- Aquarobics
- Chiropractor Adjustments, every 3 months
- Daily Physiotherapy –to rebuild core and heal piriformis tension
- Walking Rehabilitation

Functional Neurology



- Utilizing sensory and cognitive based therapies, to promote neuroplasticity, integrity, and functional optimization.
- Improves focus and stability
- Daily Cognition exercises
- Rehabilitation Programme

Health Supplements

Supplement	Benefits
B12	Keeps the body's nerve and blood cells healthy and helps make DNA,
D3	Helps body absorb calcium and phosphorus. Having the right amount of vitamin D, calcium, and phosphorus is important for building and keeping strong bones.
MSM	MSM has anti-inflammatory and antioxidant effects. Sulphur, which is a major component of MSM, supports immune system.
CBD Oil	Relieves Pain and helps with HD muscle contraction, Reduces Anxiety and Depression, Can Have Neuroprotective Properties that support neurological diseases, among other benefits, Provide relief from HD symptoms, but may slow down the progression of the disease. CBD has been shown to have neuroprotective properties, which can resist the deterioration of neurons in the brain and spinal cord.
Omega 3	Positive impact on the pathophysiology of neurodegenerative diseases. Can improve the behavioural and mental performance of the individual. Improving cell membrane stability, decreasing inflammatory signaling,
Promax 30	Probiotics for healthy gut bacteria, Significant association between the gut activity and the brain functioning including behaviour and emotions.

Routine

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Juice + Green Smoothie	Juice + Green Smoothie	Juice + Green Smoothie	Juice + Green Smoothie	Juice + Green Smoothie	Juice + Green Smoothie	Juice + Green Smoothie
	Pilates	Aquarobics	Yoga	Aquarobics	Yoga	Recreational Activities with Friends + Partner	
Afternoon	Tea with Friends	Tea with Friends	Tea with Friends	Tea with Friends	Tea with Friends		
	Lunch	Lunch	Lunch	Lunch	Lunch		
	Physiotherapy	Physiotherapy	Physiotherapy	Physiotherapy	Physiotherapy		
	Cognition Exercises	Cognition Exercises	Cognition Exercises	Cognition Exercises	Cognition Exercises		
	Rest	Rest	Rest	Rest	Rest		
	Dinner	Dinner	Dinner	Dinner	Dinner		

Social Aspect and Family Support

- **Letting go of emotional toxicity**
- **Spending time socializing with Friends**
- **Purpose and Hope**
- **Family Support System**

Next Steps

- More mobility assistance in our home
- Psychologist –Regular Counselling –Emotional Support
- Intensive Functional Neurology Programme
- More Diet Experimentation –Paleo Diet?
- Raising Awareness through the Malta Huntington's Association



