

Patient Name: Bek Morecroft

Date: 28/08/2023

Practitioner: Kathryn Moloney  
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Next visit: When you have your hormone test results:  
[Book here](#)

Herbal Prescription/Supplements	Breakfast	Lunch	Dinner	Bed
<b>Bioactive B-Complex (60)</b> Support general and nervous system health + B12 + folate	1			
<b>Mag Fx Complex (berry or citrus) (150g)</b> Stress relief, energy and hormonal + adrenal support	1 scoop			1 scoop
<b>ThyAdren Support (60)</b> Restore adrenal glands to support smoother transition	1 1		1	For 1 week then
<b>HepatoClear (60g)</b> Detoxification of the liver and reduce bloating	1 scoop		1 scoop	
<b>Opti D3 + K2 (60/90) or D3 + K2 spray (50mL)</b> Vitamin D support	2 caps or 2 sprays			
<b>Curcutex (60)</b> Reduce inflammation	1		1	

Always take supplements with meals (never on an empty stomach unless instructed)

Lunchtime supplements may be taken in the morning if preferred

Supplements must be taken at least 2 hours away from any pharmaceutical medication

## SUMMARY + TREATMENT AIMS

- Sacroiliitis - inflammatory and possible autoimmune (HLA B27 + ENA + RF ND + ESR = 6)
- Mum has autoimmune - Hashimoto's + fibromyalgia + Mum's cousin has RA
- Run down - improve immunity
- Torn medial meniscus in left knee - exercises + rest - exercise physiologist/physiotherapist
- Perimenopause - Waking up hot, irregular cycles (mostly long)
- Frustration, irritability, overwhelm, reduced stress tolerance, teary/emotional, forgetful
- Bloating
- Support liver health
- Adrenal support
- Low active B12 + Vitamin D
- Fatigue

## ORDERING SUPPLEMENTS

Your supplements have been prescribed for you in your account on [vital.ly](https://vital.ly)

## RECOMMENDATIONS

- Have regular massages
- Strength-based home exercise - 10 minutes even
- Try to fast for 16 hours overnight a couple of times per week - try for 12 hours most nights
- Pill boxes help with compliance for taking supplements: <https://www.buyorganicsonline.com.au/surgical-basics-pill-box-weekly-planner-removable-large/>

## DIETARY AND LIFESTYLE CONSIDERATIONS

- Eat a Mediterranean-type diet that is high in protein, whole foods, fruit, vegetables, nuts, seeds and healthy oils such as olive oil, avocado and nut butter.

### Anti-inflammatory eating plan

- Enjoy a wide variety of colours in fruits and vegetables and eat as many as you can ie. add them to breakfast, lunch, dinner and snacks
- Anti-inflammatory fruit and veg: berries, citrus, turmeric, ginger & beetroot (any purple food is excellent)
- 2 pieces of fruit per day is recommended
- Eat plenty of good fats ie. virgin coconut oil, extra virgin (cold pressed) olive oil, organic butter, avocado, nuts & seeds (and oils and pastes/spreads), and oily fish (salmon & sardines are best)
- Enjoy organic meats only, as they have high concentrations omega 3 fatty acids, and low levels of 'bad' fats
- Avoid processed foods, sugar and white carbs
- Eat gluten-free or low-gluten grains (organic oats, brown rice, quinoa, buckwheat, millet)
- Have a small amount of dairy (if you're not intolerant): a little bit of yoghurt a couple of times per week is fine. Choose goats or sheep cheese and yoghurt over cows
- Avoid all processed vegetable oils in baked goods and fried foods, and take away foods (ie. Asian takeaway foods)

## TEST RECOMMENDATIONS

Let's discuss this after your hormone results come back

## OUR PLAN

- To find out the underlying cause of your joint pain issues and support the peri-menopause transition
- Please order and take the supplements recommended
- A further consultation may be booked on this link: <https://calendly.com/hellonaturopath/long-return-naturopathic-consultation>

### Additional information relevant to optimising your treatment outcomes:

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If you need to contact me, please email [kathryn@fertilityandbeyond.co](mailto:kathryn@fertilityandbeyond.co)

- I apologise for any delay in replies to emails. I prioritise face-to-face patient time, and endeavour to reply to emails within one week.
- in the interests of best treatment outcomes for you, emails are reserved for brief questions from your consult, or to address pre-arranged follow ups.
- please note changes to your prescription and consideration of new information relevant to your circumstances will require an appointment, and generally are not able to be reviewed via email.
- if you are trying to conceive and achieve a positive pregnancy test, please let me know and book a call to discuss
- this prescription is only for the duration of time until your recommended review consult, as individual requirements change and reassessment of your needs may be required. For your own safety and to maintain prescription efficacy I do not recommend self-prescribing.
- Please note you should not take these supplements in conjunction with any other OTC supplements due to the risk of overdosing on certain nutrients. You can safely take the supplements with other superfoods. If you are taking prescription medications, please check with your Doctor for interactions.
- The supplements, medicines and recommendations listed here are a suggestion only and it is the clients decision whether to take them. Kathryn Moloney takes no responsibility for damages caused by taking anything that is recommended.