

Patient: JESSA
Practitioner: Kathryn Moloney
Date: 29th August'23
Next appt: After have hormone test results

Postnatal

Supplements	Breakfast	Lunch	Dinner	Bed
Bioactive Bioactive (60) Extra activated nutrients	2			
ProOmega (180) Support brain health	2			stop 1 week before surgery
D3 + K2 spray (50ml) Vitamin D	2 sprays			
Bioheme (30) Iron repletion	1			
Neurocalm (120) Support nervous system to prevent exhaustion	2		2	
AdRestore (120) Reduce stress, improve adrenals	1		1	
Trigandha (60) Support adrenals to prevent exhaustion	1		1	
Lipoic acid 600 (60) Sunshine			1	
Ubiquinol forte (30) Energy	1			stop 1 week before surgery
TAKE UNTIL FINISHED				
Multigen Biotic (30g) Restore microbiome post-antibiotics			1 scoop	
E500 Tocopherols + Selenium (60)/Vitamin E Sperm motility + quality - protects membrane			1	
Berberine 500 (60) Gut health	2		2	
N-Acetyl-cysteine (60 or 150g) 15 min b4 food Liver detox and antioxidant	1 scoop		1 scoop	
Magnesium/CalmX Relax muscles and support adrenals			As directed	
AFTER SURGERY				
Tissue regenex (60) until finished Repair tissue damage for faster healing	2		2	

JESSA TREATMENT AIMS:

Support postnatal health
 Reduce stress & improve adrenals
 Parasite suppression - Blastocystis
 Support liver to detoxify the medications

Decrease autoimmunity
 Low progesterone
 High ANA's (speckled)

Constipation
 Low ferritin?

CLAUDE

Supplements	Breakfast	Lunch	Dinner	Bed
Baby's DHA (60mL) Extra activated nutrients	1mL			
Biome Baby Probiotic (30 sachets) Support digestive health	Mix some with new foods			
Phyta-D (50mL) - if none in the formula Support vitamin D levels	1 spray 2 x week			
Kids Liquid iron with vitamin B (50mL) Support iron levels - if none in the formula	1mL			

Recommendations

Sleep when the baby sleeps... the best advice ever, but it needs to be taken to work :-)

Snack on nuts, seeds, chia seeds, during the day + with yoghurt

Collagen in your smoothie - repair and protein

Increase water - 2 litres of water

Red meat 4 x week

Book in a teeth clean for 6 months post partum

Add to smoothie for bowel movements:

Add chia seeds - 2 tablespoons in smoothie

Pear or prune juice

Lots of water

Paleofibre

Assessments

Fasting (5-12 hours) Iron studies including ferritin

(iron, saturation, TIBC/transferrin, ferritin)

TSH, Free T4, Free T3 + thyroid antibodies

Vitamin D

FBE

Now and every May test your hormones:

CD 2-3 FSH, LH, estradiol, progesterone, free testosterone, DHEA + SHBG

In 24 hours prior avoid strenuous exercise, alcohol + iron supplements

Avoid high iron foods (such as red meat) for 4 days before test

Plan

Order your supplements through Vital.ly

Have blood tests done and email me before next call

Email me with any questions or problems

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.