



Patient Name: Tahlia Date: 25/09/2023

Practitioner: Kathryn Moloney health@kathrynmoloney.com.au Next visit: If you'd like a follow-up visit, please book here

Herbal Prescription/Supplements	Breakfast	Lunch	Dinner	Bed
Bioactive B-Complex (60) Support general and nervous system health		1		
Meta Zinc Vitamin C (114/228g) Vitamin C, D, A and Zinc for immune health		1/2 tsp		
Opti D3 + K2 (60/90) Immune support		1		
Super Mushroom Complex (200g/100g) Immune system support		1 tsp		
Mito-Charge Powder (210g) Improve energy levels		1 scoop		
Calcium & Magnesium Plus K2 & D3 (150/300g) Support bone and muscle health				1 tsp
SPM Active (30) Reduce inflammation and pain		1		
Curcutex (60) Reduce inflammation		1	1	
While taking antibiotics				
SB Pro (60) - take 1 bottle until finished Support gut while taking antibiotics/antimicrobial herbs		2	2	
After antibiotics				
Seed symbiotic Support microbiome		1		1
Post-surgery recovery				
E500 + Selenium (60) Prevent scarring			1	
Tissue Regenex (60) Support recovery and prevent scarring		2	2	
As needed				
Cascara Complex (60) Promote bile flow, liver function and regulate the bowel		1		
Take until finished				
Clean greens (200g) To replace Athletic greens		1 tsp		
Prescription medications				
Slinda, pantoprazol, Telfast	As directed			

Always take supplements with meals (never on an empty stomach unless instructed)
Supplements must be taken at least 2 hours away from any pharmaceutical medication.
You may mix all of the powders together

SUMMARY + TREATMENT AIMS

- *Improve immunity*
- *Improve chronic fatigue syndrome - still flares but less often*
- **Gastritis - on medication, so no symptoms**
- *Allergies*
- *Constipation*
- *Low energy 4/10 - improved to 7/10*
- *Bloating*
- *Abdominal pain or cramping (when eats too fast, too much, caffeine, inflammatory food)*
- *Belching*
- *Flatulence/gas*
- *Indigestion*
- *Heartburn/reflux*
- *Nausea - unless goes of Pentoprozol*
- *Mucus in the stool*
- *Undigested food in the stool*
- *Vomiting*
- **Fibromyalgia - pain in joints - hips, hands, feet, elbows**
- *Iron deficiency/anaemia*
- *B12 deficiency*
- *Skin rashes - flare-ups with CFS*
- *Leaky gut suspected*
- *Endometriosis suspected - laparoscopy*

ORDERING SUPPLEMENTS

Your supplements have been prescribed for you in your account on vital.ly

DIETARY + LIFESTYLE CONSIDERATIONS

- Change to a high-quality sourdough bread, ideally wholegrain, spelt or rye flour
- 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
- Have protein at every meal - Eggs, nuts, fish, red meat, chicken, tofu, tempeh

Food elimination diet based on your food intolerance test

#1 foods - you may continue to eat these but not on a daily basis - 1-2 x week only

Remove all #2 foods for 4 weeks - Dairy, almonds, oats, coffee, banana, cranberry, peach, pineapple + tomato

Add back in 1 food at a time

#1 day eat the food, then don't eat food for 4 days - if no symptoms continue eating

If symptoms occur, avoid them for 6-9 months, then reintroduce

Reintroduce the next food

If symptoms don't disappear after eliminating all the 2 to 3 foods, eliminate all the number one foods

Lunch plan

Pre-prepare for the week ahead on your weekends. To make a delicious and easy 'lunch bowl', choose a protein, a carb, some vegetables/salad & dip options from the lists below, and assemble a shopping list. If you are super busy or can't be bothered preparing, you can do most of the work just by being smart with your planning and shopping.

Proteins:

- boiled eggs
- canned salmon or sardines
- feta cheese, goats cheese
- roasted chicken
- ham or sliced turkey
- falafel balls
- canned lentils, chickpeas or beans
- nuts & seeds (seeds work well sprinkled over the bowl)
- home made zucchini slice, frittata, mini muffin quiches, fritters or meatballs

Carbohydrates (pre prepare, keep in the fridge cold ready to go):

- roasted potato, sweet potato and pumpkin
- cooked brown rice, quinoa, barley or millet
- cooked wholegrain or legume pasta
- canned or pre prepared lentils, beans or chickpeas
- corn thins, Ryvita's, wholegrain rice crackers

Vegetables:

- mixed salad leaves, baby spinach or rocket.
- cherry tomatoes, cucumbers, carrots, capsicum, snow peas, bean sprouts.
- roasted vegetables (eg eggplant, capsicum, zucchini, pumpkin, cauliflower)
- cooked vegetables (eg corn cobs, broccoli, green beans, Brussel sprouts)
- avocado
- fresh herbs (parsley, mint, coriander, dill)

Dips/Dressings:

- hummus (try Yumi's)
- guacamole
- spicy capsicum dip
- vegetable and cashew dips.
- natural yogurt (flavour with Sriracha chill, cumin powder or fresh mint)

- olive oil, fresh lemon, apple cider vinegar, wine vinegars

TEST RECOMMENDATIONS

Ask your Dr. to refer you for:

- **Fasting (5-10 hours) Iron studies including ferritin (iron, saturation, TIBC/transferrin, ferritin)**
Avoid high-iron foods (such as red meat) for 4 days before the test
In the 24 hours prior, avoid strenuous exercise, alcohol and iron supplements
- **Active B12/B12/Folate**
- **Vitamin D**

Please avoid taking the above supplements for 2 days before the blood test

SIBO test - 1 month after antibiotics are finished

To do after SIBO test:

Complete Microbiome Mapping

OUR PLAN

- To find out the underlying cause of your digestive and/or immune issues and treat them
- Please order and take the supplements recommended as directed until we get results of your SIBO test
- A further consultation may be needed to continue to analyse and address these issues and may be [booked on this link.](#)

Additional information relevant to optimising your treatment outcomes:

If you need to contact me, please email health@kathrynmoloney.com.au

- 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.