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|---------------|---|-------------|---|
| Patient Name: | Phyllis + Steven | Date: | 16/10/2023 |
| Practitioner: | Kathryn Moloney hello@fertilityandbeyond.co | Next visit: | 6 weeks postpartum Book here |

PHYLLIS

| Herbal Prescription/Supplements | Breakfast | Lunch | Dinner | Bed |
|---|-----------------------|-------|----------------------|----------------------|
| Preconception multi for women (60) Prenatal vitamins and minerals | 2 | | | |
| Bioactive B-Complex (60) Support general and nervous system health | 1 | | | |
| ProOmega (180) General health | 1 | | 1 | |
| Opti D3 + K2 (60/90) OR D3 + K2 spray (50mL) General health | 2 caps or 2 sprays | | | |
| MetaZinc (90) Healing/immunity | | | 1/2 tab | |
| Neurocalm (120) Support nervous system to prevent exhaustion | 2 | | 2 | 2 (if needed) |
| Thyrobalance (60) or Thorne Thyrocsin (60) Improve thyroid & adrenal function | 1 | | 1 | |
| C-Ultrascorb II (250g) Iron absorption | | | 2/3 tsp | |
| Liquid iodine (44mL) Thyroid support | | | 1 drop | |
| Trigandha (60) Support adrenals to prevent exhaustion | 1 | | 1 | |
| Curcutex (60) Reduce inflammation | 1 | | 1 | |
| Resveratrol healthy ageing complex (30) Antioxidants for healthy ageing | 1 | | | |
| Take until 6 weeks postpartum or until finished | | | | |
| Calmag Complete (120) Replete calcium | | | | 4 |
| Birth prep+recovery (60) Recovery from birth and involution of the uterus | 1 | | 1 | |
| Tissue regenex (60) Repair tissue damage for faster healing | 2 | | 2 | |
| Arnica montana 30C (pillules or drops) Reduce bruising and swelling | 5 pillules/ drops | | 5 pillules/ drops | 5 pillules/ drops |

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
 You may mix all of the powders together

SUMMARY + TREATMENT AIMS

- Support postnatal health
- Heal C-section wound
- DeQuervains syndrome - wrist inflammatory tendonitis
- Dairy + gluten intolerant
- Support thyroid + adrenal health
- High histamine?
- Thalassemia carrier - vegetarian

STEPHEN

| Herbal Prescription/Supplements | Breakfast | Lunch | Dinner | Bed |
|---|----------------------------|-------|--------|---------------------------|
| Naturobest Preconception Multi for Men Vitamins & minerals for general health | 2 | | | 1 month on 1 month off |
| Methyl Fortify (60) Extra activated nutrients for healthy methylation | 1 | | | |
| ProOmega (180) Brain support | 2 | | | |
| Opti D3 & K2 (90) OR D3 + K2 spray (50mL) General health | 2 in summer 4 in winter | | | |
| Ubiquinol forte 300 (30)/Ubiquinol 300 (60) Energy for healthy aging | 1 | | | |
| Resveratrol healthy ageing complex (30) Antioxidants for healthy ageing | 1 | | | |
| Androforce (60) OR Tribulus synergy T-lift (60) Support testosterone and energy | 1 | | 1 | |
| Withania Complex (60) Stress support | 1 | | 1 | As needed |
| NR Supreme (30) Reduce carcinoma | 1 | | | |

SUMMARY + TREATMENT AIMS

- Improve sperm health - suboptimal motility, low morphology - headpiece and mid-piece, high viscosity, debris, round cells
- Increase energy
- Reduce stress - high-stress job
- Restore adrenal glands
- Weight loss - aim: 190 pounds
- Reduce cholesterol - high LDL + low HDL
- Prevent Basal cell skin growths

ORDERING SUPPLEMENTS

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

RECOMMENDATIONS - Phyllis

- Spend a lot of time being horizontal for your scar to heal and to recover from the birth
- Rest/sleep when Soleil sleeps
- Have protein snacks and water all over the house in the feeding areas
- Get a bottle with a lid that makes it easy to drink from)

TEST RECOMMENDATIONS - Phyllis

- **Fasting (5-10 hours) Iron studies including ferritin (iron, saturation, TIBC/transferrin, ferritin)**
Avoid high-iron foods (such as red meat) for four days before the test. In the 24 hours prior, avoid strenuous exercise, alcohol and iron supplements.
- **Vitamin D**
- **Liver + kidney function test**
- **Complete blood count**
- **Plasma zinc + copper**
- **Thyroid function test - TSH, Free T4, Free T3 and antibodies**

Pathology instructions:

- **STOP all supplements for 2 days** prior to having your blood test completed
- **ensure overnight fasting for 10-14 hours** (drink plenty of water, no food or exercise during this time)
- please send follow-up tests from GP before our next consult

OUR PLAN

- Support your postnatal health.
- Please order and take the supplements recommended.
- You may book your return consultation on this link: [Book here](#)

Additional information relevant to optimising your treatment outcomes:

If you need to contact me, please email 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 the 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 cannot 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. This is only for the duration of time until your recommended review consult, as individual requirements change and reassessment of your needs may be required. I do not recommend self-prescribing for your safety and to maintain prescription efficacy.
- Please note you should not take these supplements in conjunction with 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 the client decides whether to take them. Kathryn Moloney takes no responsibility for damages caused by taking anything recommended.