

Mosaic Spectrum Review



Vitae Mosaic
NATUROPATHIC FUNCTIONAL MEDICINE

Name _____

D.O.B _____

Date _____

Consult # _____

Notes:



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Notes:

7 Sept 22

Libido: came back a bit, times it has been good. Fairly happy with libido. Could be herbs or less stress now wedding is over.

BGL 6.5,

Taking Omega Brain Plus, Arthrex (both hard to take), Herbs and Tribulus (ran out took for one month)

BioHeme (run out of it).

Memory: better at times, Dave says not, but Jenny feels its better.

Drinking way less Alcohol, and having half nip or rum rather than a full nip.

Had covid: About 4 - 5 weeks ago. Didn't have many symptoms - like a cold.

Hemaview: A lot of band cells, microcytes +, Macro-cytes - none, mild fibrin and protein linkage.

Treatment: Keep up BioHeme 1 daily on empty stomach, B12 spray on fast days or at least 2x week, Omega Brain Plus: 1 tsp /day, keep in fridge, Arthrex: 1 level scoop daily, Inflammation IC: 2 daily or up to 2 3x daily for acute pain - periods/joints.

Focus on 2 diet changes to increase plant oestrogen's: flaxseed/linseed meal: 1 dessert sp /day, dry blend small amounts and use or keep in fridge, more broccoli brassicas etc, And less dairy: try almond / soy milk.

MCT - from coconut oil - add it to morning coffee.

If libido nosedives: tribulus and herbs.

Appointment 3 months

Dec 7 2022

Libido: not as good bit up and down.

BGL 6.8.

Brain Health: Mum has dementia since 82 - 84 yo now 86yo. Look at improving insulin resistance. Memory: was good, then good again, then poor again.

Energy: 8 —9 / 10.

Alcohol: a lot less, last night 5 beers midstrength.

Cycle: still regular and hvy bleeding. Last two not as bad. Haven't tried herbs since last time.

No hayfever, itchy skin etc - high eosinophils on hemaview: sniffly nose for a while.

Gut: once daily, easy to pass, etc after breakfast.

Back: played up a bit last week - taking arthrex on and off - most days. Infl Intensive care on and off as needed.

B/F: 2 weetbix + toasted homemade muesli (oats, maple syrup, buckwheat, quinoa, nuts, seeds)

Lunch: leftovers, Dinner: mostly meat and vegetables - potato bake, broccoli and cauliflower.

Recommendations: less CHO at b/fast: Insulin diet handout

Herbs: Ginkgo 90, shatavati 120, wild yam 80, black cohosh 40, lions mane 80 ms ginger 5. Brain hormone tonic 15ml /day. Try anti-bleeding tonic again 10ml every 2 - 3 hrs,

Keep up omega brain plus daily, arthrex daily, infl int care as needed, bio Heme -

Retest iron.

Gut health: kefir (on b/fast?), sauerkraut, kimchi?

16 Jan 2023

Received iron tests, Advice - drop iron back to one every second day.

8 March 2023

Memory - gone really bad - forgets have done things, ask things over and over. Even recipe following

Libido - been good, run out of tribulus,

Periods - January, Feb - days and days of spotting - getting heavier as goes on - 8 weeks - 4 days spotting Jan, 4 - ? spotting Feb - no actual period. Period still hvy - but didn't have to take anti-clotting medication - so no super hvy like was in past. Started March 5 - 3 days - , and January 4 day period.

Was taking - run out of Fish oil caps, EPO, Anti-inflam from Dr back, womans multi - cenovis?, Mag liquid - under the tongue, Inflav ic, Arthrex, tribulus, Herbs - ran out a while ago, suvananid - ran out then couldn't supply it.

Alcohol- varies. now canadian club - whisky and gingerale,

BGL 5.9 random

Energy Good - 7 - 8 / 10 - a lot of sleeping in. Staying up late - Once up and moving.

Treatment: ginkgo 125, Korean Ginseng 60, Wild Yam 125, Black Cohosh 65, Lions Main 125, Ginger 5. 500ml 8ml bd

Trialling - low CHO diet. See fat burning diet + meal plan.

less alcohol 2 /night and 2 days alcohol free. Vodka and pomegranite / sour cherry juice and soda water or water.

MCT oil daily in coffee

Supps: medlab nano methyl B12 spray 1000mcg daily, Omega brain plus 10ml daily, Andro fortify 2 daily(as no tribulus forte), BioHeme, 1/2days, Arthrex, Inflav IC as needed.

18 April 23

Herbs - Hurt throat, but other thinks were making it burn

Last three weeks - four weeks - Being drinking a fair bit. and having chocolate. Hot caravan - and couldn't sleep due to heat, esp in Townsville.

Memory has been really bad, day to day concentration

Last few days a bit better. Not taking Iron: as dr said - might be constipating. - ?? Seemed to help.

When waking - take a while to realise what day it is etc. Doing lots of Sudoku puzzles helps.

2 - 4 drinks daily.

Herbs 8ml 2x Ginkgo 100, Korean Ginseng 40, Wild Yam 100, Lions Mane 100, rosemary 60Lic 10 410 ml

Discussed going back on low carb once settled at home, Less alcohol - 2 free days + less each day (women can't have as much), vodka and pomegranate juice / soda water.

Still having MCT oil in coffee

Keep Omega 3 oil in fridge, go back on bioheme - one every 2nd day. B12 spray

next appt 6 weeks. - gives 4 weeks on lower carb diet.

30 May 2023

Haven't been able to take herbs - due to burning throat.

Burning Throat still - on medication - Sozol - PPI - one daily, Seems to help with. 3 months worth for healing.

Had barium meal - showed nothing? -

Been away for 6 or 7 weeks -

Memory - better - with sudoku puzzles - from app on phone. Find even easy ones - help

Drinking lots of alcohol while away - large amounts nightly. Not so much since been at home - last 2 1/2 weeks - one session last 2 weeks. None last 2 weeks.

Feel better for drinking less. Feel like memory is better

Still on Omega 3 brain plus, and B12 spray, on MCT oil, ground Linseed, Iron (no constipation - if anything opposite - only couple of days). EPO. Mag drops - market

Had one period recently - mostly normal.

Tx

Slippery Elm - 1 tsp in water before bed (1/2 - 1 hr)

Email - GORD handout

Next appt 3 months

Still has full bottle of herbs, Keep up Omega 3, B12, Arthrex. MCT oil. (+ EPO, stopped Mag drops)

Gave shake it booklet - low carb diet

ordered DNA test kit - not sure if will do it

29 August 2023
Been to hospital for endoscope: the report: apparently says nothing - will send it through
Taking PPI - one daily - symptoms of burning throat have stopped. Did stop it but symptoms returned. Have enough for about 3 months - discussed rebound acid reflux.
BGL: 6.3
Period - every 2 months or so, bit unpredictable.
Hasn't been doing any thing I've recommended or taken any supplements
Back on Sauvonaid
Hemaview: still macrocytes
Tx: Slippery elm powder: 1 tsp in water 1/2 hr before bed
MCT oil: one desert spoon in coffee ? salad
Keep up: Iron
Sauvonaid: morning
Omega 3 brain plus 5ml evening
Try herbs - if not - accumind / cognition support 2 daily
sent recipes: granola / sprouting etc.
Won't change breakfast.
Drip feed info on diet. - protein etc.

10 Oct 2023
Away last 3 weeks - Now home can try granola etc.
Herbs - daily - + omega brain plus.
Still some burning - better with oil.
Really bad memory atm.
Diet while away - no fasting, ate too much, drank too much - daily - none since home.
Not having slippery elm at all -
Energy - hard to say. - sitting in cars a lot.

Alternative to sugar
multi - swisse woman's one daily
Both parents - dementia - were older though - Father - frontal lobe dementia? Mother? - loses words - in a home. eg can recognise daughter but doesn't have the word for it. Her father - also dementia

Sent in an email after appt:
Here are the strategies we discussed for reducing alcohol - print this out and put it where you can see it regularly
Buy some non-alcoholic beers / drinks and have them as a starter - eg if hot and thirsty from working outside - it is a good way to quench thirst rather than quenching thirst with an alcoholic drink.
Buy soda water and dilute rum and ginger beer - have the ginger beer like cordial. And use a big glass - so your filling up on the soda water.
Have half shots - remember women absorb more alcohol than men, as men break alcohol down in the stomach with an enzyme and it never reaches the blood stream. Women don't have that enzyme so women absorb more alcohol.
Make a few rules around alcohol free days - eg
Stay alcohol free during the week and only drink on weekends. Have a minimum of two alcohol free nights / week (ideally 4 - 5).
Have one - three standard drinks / session - so if your having half shots - that's 2 - 6 drinks.
Alternate non-alcoholic and alcoholic drinks. eg rum, ginger and soda, then just ginger and soda. Or buy the non-alcoholic drinks - eg non-alcoholic wine / beer.
You can buy a no-sugar buderim ginger cordial (ginger refresher - no sugar) from Woolworths. Try that with the rum and soda to avoid the artificial sweeteners - see attached some research into aspartame and saccharine and effects on the brain. I've highlighted relevant areas.
Try the ginger and lemon kombucha with drinks.

Ways to take slippery elm
Mix into a paste and have with honey
Shake in a jar with about 1/4 cup of water and drink it quickly with a mouthful of something sweet afterwards - such as ginger beer.
Mix it into a little bit of yoghurt
Supplements:
Cognition Support Tablets - Have 3 daily (take them in the morning with breakfast)
Omega Brain Plus - have 10ml daily and stop the Souvanaid for the next 2 months
I've added MagCalm to your script as it has taurine in it: See below - try taking at night with the slippery elm. (shake together in a jar)
Taurine is an amino acid whose concentrations in the brain decline with age. Taurine protects against alcohol and other environmental toxins, reduces brain inflammation, and stimulates neuron formation.