



Vera Dahlstrom &lt;restoringvitality1@gmail.com&gt;

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**Re: Deirdre Blood Tests + Paid \$164 Consult & Herbs**

2 messages

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**Catherine James** <csjames1212@yahoo.com>  
Reply-To: Catherine James <csjames1212@yahoo.com>  
To: Vera Dahlstrom <restoringvitality1@gmail.com>

Thu, Dec 15, 2022 at 5:22 PM

Hello Vera,  
Deirdre's GP today Dr Eboneey Van Der Meer agreed to some but not all of the blood tests that you recommended. She reckons since D's results have been pretty stable the last couple of times, the other blood tests don't need to be done again until Aug 2023 (a year after the last ones). Here's her list:

Zinc, B12, Folate, Vit D, EUC, LFT, TFT, CMP (Calcium, Magnesium, Phosphate)

Should Deirdre aim to fast before having these bloods taken?

Should Deirdre pay privately for the other blood tests, since her GP won't agree for Medicare to fund them at this point in time?

**Deirdre's vital signs 15/12/22 3pm**

Blood pressure 156/73

Heart rate 68 bpm

Oxygen saturation 90%

Height 158cm (5ft 2 inches) -- at her tallest she was about 5ft 4.5 inches

Weight 72.8kg

BMI 29.2

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**NAB Receipt for payment**

**Your transfer has been successfully submitted.**

- \$164.00 has been paid to VERA DAHLSTROM
- Confirmation number: X7792037554

**Account Details**

From Account Personal Account #0/084-970 83-852-0050

To Account VERA DAHLSTROM/064-836 10303016 COMMONWEALTH BANK OF AUSTRALIA

## Transaction details

Amount 164.00

Description Consult75 Herbs 89

Remitter name DEIRDRE JAMES

## Transfer schedule

Transfer date 15/12/22

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Catherine x  
Tel 0428 777 880  
[csjames1212@yahoo.com](mailto:csjames1212@yahoo.com)  
.....

On Thursday, 15 December 2022 at 02:59:33 pm AEST, Vera Dahlstrom <[restoringvitality1@gmail.com](mailto:restoringvitality1@gmail.com)> wrote:

Liquid herbs are \$89 for 400ml. Good luck with the Dr.

On Thu, Dec 15, 2022 at 1:51 PM Catherine James <[csjames1212@yahoo.com](mailto:csjames1212@yahoo.com)> wrote:

Thanks, Vera. Any idea how much the liquid herbs will cost? -- That way I could make one deposit into your account instead of two separate ones.

Shall be in touch after our visit to the GP -- if I can extract D from her bed....

Catherine x  
Tel 0428 777 880  
[csjames1212@yahoo.com](mailto:csjames1212@yahoo.com)  
.....

On Thursday, 15 December 2022 at 09:54:46 am AEST, Vera Dahlstrom <[restoringvitality1@gmail.com](mailto:restoringvitality1@gmail.com)> wrote:

Hi Deirdre and Catherine,

Please get the doctor to check Deirdre's Zinc, Vitamin D, B12 and serum folate, if possible. The homocysteine was fine a few months ago so no need to check it again.

I'm assuming the doctor will do a general chemistry test as well: electrolytes/liver function, kidney function, full blood count, cholesterol as well as thyroid.

Please take a note of Deirdre's blood pressure as well.

Recommendations:

only one teaspoon of honey / day

at least one cooked meal, in the evening

Protein - especially fish, chicken and eggs with meals.

High anti-oxidant, polyphenol, carotenoid foods to protect eyes and kidneys: berries - all kinds but especially dark berries, grated beetroot, grated carrot, pumpkin and other orange foods.

The consultation is \$75

Kind regards,  
Vera

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[www.restoringvitality.com.au](http://www.restoringvitality.com.au)  
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**restoringvitality1@gmail.com** <restoringvitality1@gmail.com>  
To: Catherine James <csjames1212@yahoo.com>

Thu, Dec 15, 2022 at 7:43 PM

Thank you for the information. Yes fasting is best for the blood test.

We will wait and see what comes back before ordering anything else. I'm not sure if the ECU test includes a more specific test for the kidneys or not. It is a kidney function test but not sure if it has eGFR which is standard on most blood chemistry tests.

Sent from my iPhone

On 15 Dec 2022, at 5:22 pm, Catherine James <[csjames1212@yahoo.com](mailto:csjames1212@yahoo.com)> wrote:

[Quoted text hidden]