

Your Treatment Plan: First Follow-up Consultation

For: Jess Kernan

Date: 23/01/24

Summary of key issues discussed in consult

1. BLOOD TEST REVIEW:

- Low B12 - 353 (optimal 600+)*
- Low/normal folate - 28 (optimal 35-40)*
- Low Vit D - 82 (optimal 120-130)*
- High MCV - 94 (optimal 82-89) reflects size of red blood cells, linked to low B12
- Low/normal Zinc - 14 (optimal 15-16)*

- Low white cell count - 3.6 (optimal 5-7.5)
- Low neutrophils - 1.9 (optimal 4-6)
- Low/normal lymphocytes - 1.2 (optimal 2-4)
- Low/normal platelets - 221 (optimal 250-400)

- High urea - 7.7 (optimal 3.5-5.8) Result of chronic dehydration? (To address fluid intake & retest)
- Low eGFR - 81 (optimal 90-100) Result of chronic dehydration? Reflects the rate of fluid filtration through kidneys, so the higher % the better. (To address fluid intake & retest)
- High albumin - 48 (optimal 33-46) Result of chronic dehydration? (To address fluid intake & retest)

- Low globulin - 21 (optimal 24-28) Involved in immune system/antibody system/defence/nutrient transport. Low levels may suggest decreased immunity/immune insufficiency.

Look to retest Iron Studies after a 9-10hr fast (as any longer than this can skew results).

Kidney/Liver markers to be retested.

Thyroid testing incomplete at this stage.

2. ***SUPPLEMENT REGIME** - *Begin supplementation to support these identified areas (see Prescription below).
Also try to aim for 1-2 x daily (or at least every second day) sun exposure to increase your natural Vitamin D synthesis; 10-15 minutes between 10am-3pm, arms/legs exposed

3. **HYDRATION** - Discussed need for adequate hydration, especially given blood test results, exclusively breastfeeding and high diuresis from daily coffee/tea consumption. Also supports bowel habits and may help address headaches?

Keep in mind you're making on average 750-800ml breast milk daily. So aim for ~2.5L of (hydrating) fluids daily.

Some electrolytes options:

Mamawise Store Labourade Powder - <https://www.mamawisestore.com.au/products/labourade>

Motherhood Hydration Powder (2 flavours) - <https://franjoskitchen.com/collections/hydration-powder>

Tropeaka Coconut Water Powder: <https://tropeaka.com.au/products/coconut-water-powder>

Add in 1-2 servings of an electrolyte option daily. And/or reduce coffee/tea, and/or switch out for herbal tea.

4. **BREASTFEEDING/NATAL SUPPORT** - I suggest you remain on a breastfeeding specific multi whilst excessively breastfeeding so there's 'enough nutrients' to go around for both baby and your own repletion/immune support at the same time.

Prescription

Product	Why I've prescribed it	Dosage instructions
Pure Natal	Practitioner-grade 'natal' supplement. Contains Vit B12	Take 1 cap daily with a meal (e.g breakfast or lunch)
Super Mushroom Complex	Blend of 4 high strength mushroom extracts for immune support	1 teaspoon, 2 x day in water.
Ultra Flora Immune Enhance	Combination of 3 probiotic strains to support and enhance systemic immune function.	Take 1 cap daily, before meals (<30min). Keep in fridge.
Zinc Protect	For immune health. Combines 2 forms of zinc, with vitamins C, E and B6, with manganese, selenium and micro-algae extract.	Take 1 tablet, 1 x day before bed (<u>do not</u> take on an empty stomach).
Liposomal Vit D3 spray	Highly absorbed Vit D for immune function.	Use 1 spray, 2 x day under the tongue & hold in mouth for 30 seconds before swallowing. Take on an empty stomach. Keep in fridge. May be taken at same time as Ultra Flora.
Liposomal Methyl B12 spray	Readily absorbed and utilised Active vitamin B12	Use 1 spray, 1 x day in mouth between cheek & gum, hold for >2min before swallowing. Take on an empty stomach. Keep in fridge.

Please log in to your [Vital.ly](#) account to see your personalised prescription. Purchase your products directly from [Vital.ly](#) and they'll be posted to you.

Next time

Let's aim to check in after you've been taking your products for **4 weeks**. Please book a '[Follow-Up Consultation](#)'.

I'd like to chat about your diet a little more, and a few others things.

If you have any questions about your Treatment Plan or your products, please get in touch anytime.
