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Goals:

Support healthy weight loss

Support gastrointestinal health

Support thyroid function

Support sugar metabolism

Support mood

Balance immune function

Support nutritional imbalances

Prevent further complications

Prescription:

Herbs of Gold Chromium	One capsule with breakfast, one with lunch
Mediherb GIT Regenex Powder	Two teaspoons in 150mls after breakfast
Orthoplex HemeSynergy	One capsule Monday, wednesday and Friday with breakfast (avoid with black tea and coffee)
Bioceuticals Liposomal D	2 sprays with breakfast

Other:

Womb healing

Psychologist

Emotional freedom technique (EFT)

Hypnotherapy

Sunshine in the morning - barefoot on the grass :)

Gym - weights twice weekly

Possible further testing:

Thyroid panel and anti-bodies - check thyroid and for thyroid auto-immune

Microbiome test - check for digestive markers and for pathogens eg candida

HTMA (Hair tissue mineral analysis) - assess mineral balance and heavy metal toxicity