



**naturally  
anew**

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## **Treatment Goals (short-term)**

1. **Support energy levels and bloating** *via* supporting digestive secretions and bile (liver) production to optimise nutrient extraction from complete food breakdown, digestion, absorption and assimilation.
2. **Support energy levels and general wellbeing** *via* correcting known nutrient deficiencies to provide cofactors for energy production and electrolyte balance.
3. **Support sleep, mood and motivation** *via* supporting the hypothalamus-pituitary-adrenal (HPA) axis, reducing SNS (Sympathetic Nervous System) dominance, balancing cortisol, and boosting calming neurotransmitters to promote deeper sleep patterns and reduce stress and anxiety.
4. **Manage spotting outside menstruation** *via* providing nutritive building blocks to regenerate the endometrial lining and blood vessels.

## **Treatment Goals (long-term)**

1. Reduce chronic inflammation to reduce 'allergic' reactivity and improve food tolerance
2. Support GIT health to increase and maintain nutrient retention
3. Support stress levels
4. Support general health and well-being
5. Optimise menstrual cycle

# Treatment Plan

## Herbal

Product	Herb	Intent	Instruction
<p><b>Personalised Herbal Formula by Me</b></p> <p>\$50.00</p> <p>1 bottle = 2 week supply</p>	<i>Cynara Scolymus</i>   Globe Artichoke	<b>Bitter</b> herbs stimulate the release of bile from the liver and gallbladder increase the time that food spends in the stomach macerating in the stomach acid to break food particles into smaller, more easily digestible pieces; and increase intestinal mobility and function so that nutrients are absorbed, and waste products are eliminated in a more efficient way.	<p>Take 7.5 ml, with a small amount of water right before breakfast and dinner, total 2 x a day.</p>
	<i>Zingiber officinalis</i>   Ginger		
	<i>Withania Somnifera</i>   Ashwaganda	<b>Adaptogen:</b> As a class, adaptogens help the body adapt to stress, modulating the activity of the HPA axis, and regulating cortisol levels. Individually, each adaptogen has different features suited for individual needs. These support fatigue, low concentration, brain fog and immune weakness. Ashwaganda is also indicated when individuals awaken 'unrefreshed'. In addition, Schisandra also provides liver support, further strengthening digestion and elimination.	
	<i>Schisandra chinensis</i> / Schisandra		

# Treatment Plan

## Herbal

Product	Herb	Intent	Instruction
	<i>Melissa officinalis</i> / Lemon Balm	<p>This gentle herb is used primarily for its calming effect during stressful times. Supports an 'overactive' mind helping ameliorate stress, negative moods following stress, and decreasing feelings of alertness at times when relaxation is optimal, like evenings.</p> <p>It is also used in individuals with an overactive thyroid offering a balancing effect on this this pattern, which may agitate the nervous system leading to nervousness, anxiety, insomnia, and racing heartbeat.</p>	
	<i>Urtica dioeces folia</i>   Nettle Leaf	<p><b>Restorative:</b> Nettle leaf is one of the oldest and safest herbs in western medicine. It is naturally rich in minerals (including iron), vitamins and protein and can be used daily to tonify the whole body and aid recovery from lethargy and depleted states. It nourishes, supports and energises the whole body, richly nourishing the blood.</p>	

**Further comments:** If you notice any symptoms like heartburn when taking these, take right after eating, and ensure it is taking with a meal of protein/fat. Try and be consistent and record any changes you notice, to discuss at next appointment.

# Nutrition

Product	Hero ingredients	Intent	Instruction
<p><b>Biome Iron + Probiotic</b> by Activated Probiotic</p> <p>\$49.95</p> <p>1 pack = 1 month supply</p> <p><i>Based on pathology (see later section)</i></p>	<p>Probiotic strain: <i>Lactobacillus plantarum (299 V)</i></p> <p>Cofactors:</p> <ul style="list-style-type: none"><li>• Ferrous fumarate (Iron- low dose)</li><li>• Vitamin C</li><li>• Folic Acid</li></ul>	<p><b>Boost iron absorption:</b> This probiotic strain has been shown in multiple clinical trials to significantly enhance dietary iron absorption (49% better). This mechanism is thought to be attributed to the persistency of the bacteria in the intestine.</p> <p>Along with the cofactors below, this probiotic was shown to be a synergistic formula to improve absorption with daily ingestion.</p>	<p>Take 1 capsule daily (with or without food)</p>
<p><b>Sublingual B12 1000</b> by Eagle</p> <p>\$25.94</p> <p>1 bottle = 100 days</p> <p><i>Based on pathology (see later section)</i></p>	<p>Cyanocobalamin (Vitamin B12)</p>	<p><b>Energy:</b> Vitamin B12 plays a crucial role in the production of red blood cells, which transport oxygen throughout the body. When you have an adequate supply of B12, your cells receive the oxygen they need to function optimally, leading to increased energy levels.</p> <p><b>Mood:</b> Additionally, B12 is involved in the synthesis of neurotransmitters like serotonin, which can positively influence mood regulation, helping to combat feelings of low motivation and fatigue.</p>	<p>1 tablet daily, dissolve under the tongue</p>

Product	Hero ingredients	Intent	Instruction
<p><b>Rapid D by Orthoplex White</b></p> <p>\$35.95</p> <p>1 bottle = 2 months</p> <p><i>Based on pathology (see later section)</i></p>	<p>Calcifediol monohydrate (Vitamin D)</p>	<p><b>Immune/Anti-inflammatory/Mood:</b> Vitamin D helps regulate the function of various immune cells, including T cells and macrophages. These cells play vital roles in identifying and neutralizing pathogens, essentially increasing response to viral infections and reducing occurrences and severity. Vitamin D has anti-inflammatory properties and helps modulate the immune response. Chronic inflammation can contribute to various health conditions, and maintaining optimal vitamin D levels may help keep inflammation in check. It also has been associated with improved mood and irritability.</p>	<p>Take 2 tablets, in the morning.</p> <p>This is an accelerated plan to lift vitamin D for the next 2 months, after which we will reassess.</p>

**Ordering options:**

- 1. Pickup from Me (will take a few days, will notify you when arrives).
- 2. Order online directly to you from vital.ly, shipping may apply.

Regardless, I will set up a patient account for you and you can order whenever you have a script from me directly from them.

**Safety & Adverse Reaction Information**

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and contact Naturally Anew [dina@naturallyanew.com/0409770430](mailto:dina@naturallyanew.com/0409770430). I will get back to you as soon as possible to discuss the situation with you.
- In the case of an emergency, contact your GP or emergency service.
- Please keep all medication out of reach of children.

# Diet


Intervention	Instruction	Intent
<p>Focus on dietary <b>Iron</b> intake</p> <p><small>*As discussed in the session, stop taking the iron supplement at the moment, so soon after the infusion.</small></p>	<p>Try and reach the daily requirement of iron each day, which is 18mg. I understand this may be a work in progress :)</p> <p>Good sources include</p> <ul style="list-style-type: none"><li>• <b>Red Meat</b></li><li>• <b>Spinach</b> + splash of citrus (Vitamin C), like lemon, helps increase the absorption of the iron in the spinach.</li><li>• <b>Molasses</b> (1 tbsp/day), can mix with milk.</li><li>• Sea vegetables, like <b>Dulse</b> (found in a local health food store)</li><li>• <b>Spirulina</b></li></ul> <p>See page 16 of this report for more ideas for Dietary Iron, and quantities needed to reach your daily requirement.</p> <p>Note: Coffee, tea, red wine, chocolate, cheese and milk can hinder iron absorption, so consume away.</p>	<ul style="list-style-type: none"><li>• Molasses is very high in iron and trace minerals.</li><li>• Sea vegetables are particularly high in iodine and iron (helpful in building blood). Dulse has the highest iron content of all sea vegetables. It is often available in a sprinkle, and can be used on salads and thrown in soups easily.</li></ul> <p>Focusing on eating more iron during the next 2 months while we support your iron absorption from multiple angles can help your energy, and help us see if we can get your levels up naturally.</p>

Intervention	Instruction	Intent
Spotting/Menstrual Support:  Focus on generous portions of protein, fat, folate, and vitamin B12 to support a regular menstrual cycle, reducing incidences of spotting.	<p>Protein</p> <ul style="list-style-type: none"><li>• Beans, Fish, Eggs, Meat</li></ul> <p>Cooked Leafy Greens</p> <ul style="list-style-type: none"><li>• Spinach</li></ul> <p>Essential Fatty Acids (EFAs)</p> <ul style="list-style-type: none"><li>• Nuts, Seeds, Flaxseeds, pumpkin seeds, sesame seeds and sunflower seeds</li></ul> <p>Fruit</p> <ul style="list-style-type: none"><li>• Berries (goji, raspberries, cherries, blackberries), Avocados, Dates, Figs, Apricots</li></ul> <p>Vegetables</p> <ul style="list-style-type: none"><li>• Beetroot, Carrots, Sweet potato</li></ul> <p>Whole Grains</p> <ul style="list-style-type: none"><li>• Oats, Quinoa, Buckwheat, Brown rice</li></ul> <p>Legumes</p> <ul style="list-style-type: none"><li>• Black beans, Kidney Beans</li></ul> <p>Bone broth</p> <ul style="list-style-type: none"><li>• Gevity and Nutra Organics good brands.</li></ul> <p>I will add these options to your Vital.ly account as well so you can purchase there if you prefer.</p>	<p>Nutrition for Spotting</p> <ul style="list-style-type: none"><li>• Protein forms the building blocks to regenerate the endometrial lining and also to support the blood vessels.</li><li>• Cooked leafy greens and help to re-mineralize the body after bleeding and boost iron levels.</li><li>• EFAs can contribute to overall reproductive health as a sources of alpha-linolenic acid (ALA), an omega-3 fatty acid found in flaxseeds, and linoleic acid, an omega-6 fatty acids found in pumpkin seeds. with anti-inflammatory properties.</li><li>• Bone Broth is high in essential fats and great for supporting blood flow.</li></ul>

# Lifestyle

Intervention	Instruction	Intent
Self Care	<p>Listen to your body. Be kind when you are feeling tired.</p> <p>Rest when you feel tired, elementary, but important.</p> <p>Restorative movement of body: Yoga, gentle Pilates, walks around the neighborhood, bike rides.</p>	<p>It is important to know that while regular exercise is generally associated with numerous health benefits, excessive exercise, especially when combined with inadequate recovery, can potentially contribute to inflammatory conditions and impact gut health</p> <p>You natural stress levels can be exacerbated by exercise, which is also a ‘stressor’ on the body. Excessive stress can increase oxidative stress, release pro-inflammatory cytokines, increase intestinal permeability (leaky gut) and alter gut microbiota.</p>



Intervention	Instruction	Intent
Ovulation Tracking  Needed: Thermometer	<p><b>Temperature tracking:</b> Keep tracking cycle in the app as previously.</p> <ul style="list-style-type: none"><li>• Start to track basal body temperature <u>first thing in the morning</u>, before you get out of bed.</li><li>• <b>Take temperature with a thermometer and note it down in your app.</b></li><li>• We are looking for a distinct drop followed by a sustained rise by at least 0.3 degrees for 3 days (this means ovulation took place)</li><li>• Track this over the course of a few months, and you'll be able to see patterns emerge.</li></ul>	<p>When we begin to work on regulating a menstrual cycle, we start with understanding our own cycle and learning to recognise ovulation patterns, PMS symptoms. Once we have a clearer picture, it will help us understand the spotting in relation to your cycle.</p> <p><b>It is important to confirm ovulation 2 ways: temperature and mucus.</b></p> <p><b>Confirm ovulation, through mucous:</b> Look for clear, sticky, raw egg-white mucous with a wet sensation that looks shiny on the toilet paper, and slips when you wipe towards the middle of your cycle. This is usually around 12-14 days before your next period, and occurs at different times for everyone, but between days 8-12 or 10-14 of your cycle, on average Ovulation often occurs on the last day of this mucus. The period with mucus is the most fertile time.</p> 

Intervention	Instruction	Intent
Pathology: Analysis	<p><b>1.Vitamin D:</b> 46 nmol/L</p> <p><i>This is considered <b>low</b> according to standard and functional parameters.</i></p> <p>As you can see above, I have included a highly absorbable form of Vitamin D in your regimen for the next 2 months.</p>	<p>Low vitamin D levels can manifest in various signs and symptoms.</p> <p><b>Fatigue:</b></p> <ul style="list-style-type: none"><li>• Persistent fatigue, chronic fatigue syndrome, and reduced exercise performance and endurance are common symptoms of vitamin D deficiency.</li></ul> <p><b>Immune system:</b></p> <ul style="list-style-type: none"><li>• Vitamin D plays a role in supporting the immune system, and deficiency may result in an increased susceptibility to infections.</li></ul> <p><b>Sleep:</b></p> <ul style="list-style-type: none"><li>• Vitamin D receptors are present in areas of the brain that regulate sleep.</li></ul>
	<p><b>2. Serum B12:</b> 467 pmol/L</p> <p><i>This is considered <b>low</b> according to functional parameters, though according to standard ranges this is ok.</i></p> <p>Since you are struggling with fatigue, this supplement, again in a highly absorbable form has been recommended.</p>	<p>B12 deficiency can can lead to symptoms such as fatigue, weakness, and cognitive impairments.</p> <p>Sublingual supplementation, under the tongue, has been shown to quickly bring up levels and energy with it, bypassing the need for optimal digestion.</p>

Intervention	Instruction	Intent
Pathology: Analysis	<p><b>3.Folate:</b> 27.3 nmol/L</p> <p><i>This is considered <b>slightly low</b> according to functional parameters and is likely due to digestive issues impairing nutrient absorption.</i></p> <p>As you can see above, there is a small amount of folic acid in your probiotic, but by improving digestive secretions (in your herbal mix) I hope to increase your ability to absorb this from your everyday food:</p> <p>Dietary Sources of Folate:</p> <ol style="list-style-type: none"><li>1. Leafy Greens: Spinach, kale, and other dark leafy greens.</li><li>2. Legumes: Lentils, chickpeas, and black-eyed peas.</li><li>3. Citrus Fruits: Oranges, lemons, and grapefruits.</li><li>4. Liver and Organ Meats: Beef liver is particularly high in folate.</li></ol>	<p>Low folate levels in the blood can have several implications, particularly for women of childbearing years. Folate, also known as vitamin B9, is crucial for various bodily functions, including DNA synthesis, cell division, and the formation of red blood cells.</p> <p>This may be manifesting for you as: impaired immune function and susceptibility to infections, cognitive impairment, including concentration and memory problems.</p> <p>In general, true folate deficiency (which you wouldn't be categorised at this time) can lead to megaloblastic anemia, a condition characterized by larger-than-normal red blood cells. Symptoms may include fatigue, weakness, and shortness of breath.</p>

Intervention	Instruction	Intent
<p>Pathology: Analysis</p> <p>I'd like to keep an eye on this for the moment, as it is not worrying but interesting to note at this time.</p> <p>After your next blood test, which I'd recommend in about 2-3 months (to monitor iron post infusion and other levels like vitamin D, etc too), we can reassess.</p>	<p>4.TSH: 0.61 uU/mL</p> <p><i>This is considered <b>slightly low</b> according to functional parameters, but still within the range of normal according to standard ranges.</i></p> <p>This marker has been slowly but consistently lowering over the last 1.5 years. This seems to indicate your thyroid is slightly overactive.</p> <p>Supporting your digestion with interventions above, should help provide nourishment to the thyroid as well. Some herbs in your herbal mix are also intended to help support thyroid function as secondary actions.</p> <p>5. ESR: 8 mm/h</p> <p><i>This is slightly <b>elevated</b> according to functional parameters, indicating some inflammation.</i></p>	<p>It is unlikely that any symptoms should be seen with this result as it is not in a disease state.</p> <p>For interest, individuals with lowered TSH may suffer from hyperthyroidism. They may experience fatigue, hair loss, heart palpitations, unexplained weight loss, nervousness and anxiety, sensitivity to heat, tremors, insomnia, changes to bowel habits (increased) and changes to menstrual cycle.</p> <p>FUTURE: If blood test still show this result we might consider a full thyroid functional test, which looks at all thyroid markers including T3, T4, Reverse T3 and antibodies, to see if there really is anything going on there.</p> <p>Increasing nutrients in the body, including Vitamin D will work to reduce general inflammation. Vitamin D has been down to reduce ESR rate.</p>

Intervention	Instruction	Intent
Pathology: Analysis	<p>6.Urea: 2.1 mmol/L Creatinine: 47 mmol/L ALP : 63 U/L</p> <p><i>These markers are <b>slightly low</b> according to functional parameters, but still within the range of normal according to standard ranges.</i></p> <p>Collectively, these markers together seem to point to a picture of slight malnutrition, in your case possibly due to cross between low nutrient intake and poor nutrient absorption.</p>	<p>Supporting your digestion with interventions above, should help extract nutrients from your diet and support these functions, which are liver and waste markers.</p>
	<p>7. Potassium: 3.8 mmol/L</p> <p><i>This is slightly <b>lowered</b> according to functional parameters, indicating an electrolyte imbalance.</i></p>	<p>This may be due to dehydration or a magnesium deficiency.</p> <p>People experiencing lowered potassium may be suffering from chronic stress, fatigue, fluid loss (sweating, diarrhoea), insomnia.</p>

Intervention	Instruction	Intent
Pathology: Analysis	<p>8.Iron Deficiency Anaemia</p> <p><b>Ferritin:</b> 16 mmol/L</p> <p><i>This marker is <b>very low</b> according to <b>functional parameters</b> and standard parameters.</i></p>	<p>As reported by your doctor your markers indicate an Iron Deficiency Anaemia, explaining your symptoms of fatigue, mental and physical.</p> <p>There are signs of inflammation, folate deficiency and other nutritional deficiencies showing up in the pathology that seem to be likely contributing to the body's inability to retain and particularly to store iron.</p> <p>As you can see above, we are working on strengthening your body to retain iron and other nutrients.</p>

## Next appointment

I'd like to see you again in approximately 3 weeks, around when you finish your herbal formula.

### Appointment Goals:

- Follow up on your sleep, energy levels, food intolerances, menstrual cycle and mood.
- Review changes since supplement introduction.
- Review how you are feeling, your goals and how I can further support you.
- Consider additional supplemental support and dietary changes, once we assess how the body adjusted to the initial changes.
- Future considerations: Magnesium and Amino Acid Neurotransmitter Support, targeted GIT support, more ideas for iron absorption.

# More information

## v. Education

### Sources of iron

Iron is a trace mineral that is needed to make haemoglobin, a protein that transports oxygen around the body. It is required for energy production, red blood cell health, immune function, brain health, hormone synthesis and connective tissue formation.

#### Recommended Daily Intake (RDI) for iron



19+ male  
8 mg/day



19+ female  
18 mg/day



Pregnancy  
27 mg/day



Lactation  
9 mg/day



Food (serving size)	Iron (mg)
Lamb liver, grilled (100g)	11.0
Lentils, cooked (198g, 1 cup)	6.6
Beans, white, cooked (170g, 1 cup)	6.6
Spinach, cooked (225g, 1 cup)	6.4
Breakfast cereals, iron fortified (30g, 1 cup)	1 – 5
Oyster, Pacific, aquacultured, raw (100g)	4.4
Kangaroo, loin fillet, grilled (100g)	4.1
Lamb, lean, cooked (100g)	3.7
Oats, rolled, uncooked (100g, 1 cup)	3.5
Beef, steak, lean, cooked (100g)	3.3
Sardines, canned in oil (110g, 1 tin)	3.2
Apricots, dried (100g, ½ cup)	3.1
Pumpkin seed, hulled, dried (30g, ¼ cup)	3.0
Tofu, firm, raw (100g)	2.9
Quinoa, cooked (185g, 1 cup)	2.8
Chinese cabbage, pak-choi, shredded, boiled (170g, 1 cup)	1.8
Chickpeas, canned, drained (100g)	1.8
Potato, with skin, baked (1 medium)	1.8
Cashew nuts, roasted or raw (30g, ¼ cup)	1.5
Tuna, canned in brine (95g, 1 tin)	1.1
Eggs, hard-boiled (1 large)	1.1
Asparagus, green, raw (100g, ¾ cup)	1.0
Broccoli, cooked (156g, 1 cup)	1.0
Chicken thigh, lean flesh, cooked (100g)	0.9
Lentils, cooked (198g, 1 cup)	6.6
Beans, white, cooked (170g, 1 cup)	6.6

- Non-haem iron (from plants such as legumes & whole grains) contain phytates that inhibit iron absorption. Other inhibitors include coffee, black tea, soy protein and calcium. Vitamin C enhances non-haem iron absorption.
- Haem iron (from animals) is absorbed by the body about ten times more easily than non-haem iron.