

Date: 21/04/2024  
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Your Prescription  
 Do not exceed recommended dosage.  
 Take medication strictly as directed. If you have any  
 issues or questions, please consult your Practitioner.

Supplement/ Herbal Tonic	Dosage Instructions
GeneActiv Formulation E (GFE)	First week: 1 cap daily(6am) with or without food.
	Adverse effects: Nausea, bloating, gastro-abdominal discomfort and diarrhoea, especially those with dysbiosis associated perturbed gut ecosystem. Dose might need to be adjusted.
Bio-Active Collagen Peptides BCP- JOINT	Add one 10-gram scoop to a glass of water or juice, milk, yoghurt or milk-based kefir as preferred.

#### Additional Supplement Directions:

Magnesium 150mg 2 tabs before retiring.  
 Vitamin D 1000-2000 IU Day  
 Fish Oil (Herbs of Gold) 2 caps daily, with food  
 Suspend all other vitamins and minerals until further assessment unless prescribed by your doctor.

#### Dietary Recommendations:

1. Before eating try to introduce 1 tbs of apple cider vinegar (ACV) diluted in a glass of water. This will reduce blood sugar spikes.
2. Eat a savory breakfast instead of a sweet one. Eg. Avocado in sourdough toast w/lemon +spices.
3. Eat the **vegetables first** in your plate, protein and fats second, starches and sugars last.
4. Add non-starchy vegetables to all your meals (see handout) Eat a rainbow!
5. Sugar treats: have them as a dessert after a meal, NOT on an empty stomach.
6. **Limit starches** (Rice, Pasta, Bread, Potato, Corn) as they metabolize as glucose.
7. Have a serve of protein in every meal. My ideal body weight 60kilos X 1.2= **72 grams of protein/day**. See handout for reference. **Try not to complicate** but aim to have complete protein (2 parts grain, nut or seed + 1 part legume) Combine with chicken, fish, turkey, tofu
8. Protein will fill you up, reduce snacking and help you build and restore cell growth, energy production, neurotransmitter production, etc.

Nutrient/Food	Reasoning
Magnesium rich foods (see the handout supplied)	Stress and anxiety may lead to depletion
Folate rich foods (see the handout supplied)	Concomitant use of Estrogen supplement depletes it
Make GABA rice at home. Organic or good quality brown rice.	Improve sleep, assist with anxiety symptoms, boost immune system. <a href="https://www.theawesomegreen.com/what-is-gaba-rice-a-mental-health-supporting-bowl/">https://www.theawesomegreen.com/what-is-gaba-rice-a-mental-health-supporting-bowl/</a>

### Lifestyle Recommendations:

Aim to walk 10min after every meal to reduce glucose spikes.  
 Try to resume your daily exercise routine as comfortable as possible.  
 Drink 2L water daily, better filtered.  
 Practice the Lifestyle interventions and therapies provided.  
 Don't use yet the sleep quality tracker until follow up.  
 Scan or photograph the assessments provided and email them to [karina@naturamed.com.au](mailto:karina@naturamed.com.au) when ready.

**Practitioner Name:** \_\_\_\_\_ Karina Ruiz Serkovic \_\_\_\_\_ **Registration No:** \_\_ANTA  
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