

## **Treatment Plan for Kate Addy**

**Date :** 31.05.24



**Patient Health Priorities :** Reduce appearance of acne, Normalise gastrointestinal function, Improve iron absorption

### **Timeline :**

#### *Short term*

- Improve nutrient absorption by reducing gastrointestinal inflammation
- Improve liver function

#### *Long Term*

- Improve gastrointestinal function by addressing pathology
- Reduce the appearance of acne

**Follow Up appointment :** 4 weeks (after return from Thailand) – to work on results of blood tests and gut testing

## Nutrition Overview for Kate Addy

Date : 31.05.24



| Include the following foods... |  | Target   |
|--------------------------------|--|----------|
| <b>Iron</b>                    | <b>Haem iron sources</b> : meat (beef, lamb, pork, kangaroo), poultry (chicken, turkey, eggs), seafood (salmon, sardines, tuna) and organ meats (liver, kidney, pate)<br><b>Non-haem sources</b> : ;legumes (mixed beans, lentils, chickpeas), dark green leafy vegetables (spinach, silver beet, broccoli), tofu, nuts, seeds, dried fruit, wholemeal pasta and bread | 18mg/day |

*Track your intake using the Easy Diet Diary app (free download)*

## Prescription Overview for Kate Addy

Date : 31.05.24



| PRESCRIPTION  | Breakfast           | Lunch | Dinner | Bedtime |
|---|---------------------|-------|--------|---------|
| <b>Boheme Iron</b><br>Take 1 every second day OR<br>Monday, Wednesday, Friday | 1                   |       |        |         |
| <b>Wholefood Vitamin C Powder</b><br>Take 1 scoop daily with iron             | 1 teaspoon in water |       |        |         |
| <b>Activated B Complex</b>  | 1                   |       |        |         |

### Other reminders:

- Supplements can be ordered via Osborne Health Supplies. You will receive an email with your prescription details. First order is freight free with the code : patient-first-order
- Commence the B complex every second day to start with and monitor for signs of increased anxiety. After a week, move to 1 per day.

### Testing Recommendations

- **Microbiome Testing** - to assess beneficial and pathogenic bacteria, yeast overgrowth, digestive markers and parasites \$239. Order now to allow for delivery time. Complete test upon return from Thailand. Results take 2 weeks and will assist to guide future gut treatment.  
OR
- Referral letter supplied with GP pathology request for - Liver function tests, iron studies, inflammation markers, thyroid panel and faecal PCR testing.

## Detailed goals and rationale for Kate Addy

Date : 31.05.24



| HEALTH GOAL   | RATIONALE & INFO  | DOSE  |
|---|---|---|
| <b>Improve iron status through iron supplementation</b> | <ul style="list-style-type: none"> <li>• Improve production of healthy red blood cells, in the formation of haemoglobin, and in oxygen transport within the body by correcting iron deficiency</li> <li>• Improve immune function through increasing iron availability for macrophage activity and T lymphocyte proliferation</li> <li>• Improve energy levels by supporting ATP production</li> <li>• Improve thyroid hormone synthesis</li> </ul> <p>Research : <a href="http://www.Ncbi.nlm.nih.gov/pmc/articles/PMC9219084/">www.Ncbi.nlm.nih.gov/pmc/articles/PMC9219084/</a><br/> <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7193469/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7193469/</a></p> <p>Take iron either upon waking or before bed, at the same time every second day, with a vitamin C supplement. Take 6 hours away from heavy exercise. Avoid supplements containing zinc, selenium or calcium at the same time. Avoid tea, coffee, dairy and soy protein at time of taking iron.</p> | <p><b>Prescribed</b> : BioMedica Bioheme 30 capsules</p> <p>Take 1 capsule every second day</p> <p>*** Place a calender on your fridge and mark it each time you take a capsule OR take your iron on Monday Wednesday Friday if it's easier to remember ***</p> |
| <b>Improve iron status through dietary strategies</b>   | <p>Optimise iron rich foods to improve iron status</p> <p>Haem iron sources : meat (beef, lamb, pork, kangaroo), poultry (chicken, turkey, eggs), seafood (salmon, sardines, tuna) and organ meats (liver, kidney, pate)</p> <p>Non-haem sources : ;legumes (mixed beans, lentils, chickpeas), dark green leafy vegetables (spinach, silver beet, broccoli), tofu, nuts, seeds, dried fruit, wholemeal pasta and bread</p>  | <p>Recommended Daily Intakes</p> <p><b>Female 19-50 years :</b></p> <p><b>18mg/day</b></p> <p><a href="https://www.nrv.gov.au/resources/nrv-summary-tables">https://www.nrv.gov.au/resources/nrv-summary-tables</a></p>   |

|  |   |   |
|--|---|---|
| <b>Optimise Iron Absorption through nutritional supplementation of vitamin C</b> | <p>Improves iron absorption by enhancing the bioavailability of iron</p> <p>In addition to improving iron absorption, vitamin C:</p> <ul style="list-style-type: none"><li>• Supports healthy immune system function</li><li>• Supports collagen synthesis to improve skin health</li></ul> | <p>Prescribed : Morning nutrient compound</p> <p>Take each morning with breakfast</p> |
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