

Patient Prescription

Name	Sarah Kim
Date	3 Dec 2020
Next Appointment	tbc
Recommended investigations	n/a

Dietary & lifestyle recommendations:

- Low Carbohydrate diet, dairy free to begin with (see attached). We are trying to reduce inflammation in the body
- Drink 300-500ml water before eating a meal as it will assist with weight loss
- Pysllium husk 2 tbsp x twice/day in water
- Exercise 5 days/week. Pilates, swimming or walking 8000-10,000 steps/day
- Period Repair Manual by Lara Briden is a good resource to return to a healthy menstrual cycle
- Protein Powder, if using for smoothies – NuZest or Raw are good brands. Avoid brands with lots of added ingredients
- Look for low carbohydrate alternatives when shopping – always read the food nutrition panel – total carbs/serve is the most important info.
- I will send a link to Vital.ly website where you can order the below supplement. Berberine will assist in reducing insulin resistance, improves liver condition
- Here is an excerpt from the product tech sheet -

The most prominent of berberine's pharmacological properties are its beneficial effects on insulin and blood glucose management. Berberine exerts its effects independently of the mechanisms of metformin and other common hypoglycaemic agents, so the compound may be used alone or in conjunction with conventional pharmaceutical drugs. In fact, berberine has been shown to be as effective as the popular drug metformin in lowering fasting blood glucose and haemoglobin A1c (HbA1c), LDL-C, triglycerides, and fasting insulin.¹ When added to the existing medication regimens of patients with poorly controlled diabetes, berberine significantly reduced fasting and postprandial blood glucose, insulin, HbA1c and HOMA-IR. These changes were observed after just five weeks of berberine supplementation.¹

Supplements B=Before, D=During, A= After	Breakfast			Lunch			Dinner			Bed
Designs For Health Berb-Evail	2			2			2			

What has improved

✓ weight loss 8kg!

✓ x migraines.

✓ iron stores 72 (ferritin)

✓ HDL 0.9-1.0 \Rightarrow \uparrow 10%.

(cholesterol \uparrow 3.4-4.1 \Rightarrow hormones, cell membranes)

✓ A1C same.

✓ Eczema - gone way down.

30mg/day
* Zn: Mg.

✓ regular stools, formed

* Myoinositol - usual 2000-4000mg.

◦ Fish Oil?

◦ Omega 3:6 Ratio? ALA - 300-600mg/day w/food.

◦ Lipid Particle Test?

Acidic (17) \rightarrow Bussice

* Vit D - cholesterol. - 2000 IU w/ food.

mg

Vit C, \rightarrow lowers LDL + TG.

E

Quercetin - Apple, Apricot, Blueberries, yellow onion, Kale, alfalfa, green bean, broccoli, black T, chili powder.

Olive Oil

300-500mg x 2 daily - 8 weeks

Berberine

Chromium

Oestrogen \uparrow insulin sensitivity