

www.mungbeanhealth.com

✉ mungbeanhealth@gmail.com

📷 mungbean_health



Krystal Doyle

Follow Up 14

18/6/24



TREATMENT PLAN

PROGRESS NOTES:

- *Keep focusing on allowing yourself the time to recover and replenish yourself!*
 - *Schedule 1hr of ME TIME every week - this is a non-negotiable! Take the time to do something that you can look forward to, enjoy & genuinely relax in where no one is expecting anything of you!*
 - *Draw yourself an Epsom Salt bath at least twice a week and soak!*
- **MENTAL HEALTH**
 - *If you cannot find a new practitioner <https://www.goodtherapy.com.au/> may be beneficial in helping you find one suited to your needs close by.*
 - *Please download the app 'Headspace' & start to mediate for a few minutes every day! This is going to be a great way to support your nervous system & help to lower anxiety & feelings of overwhelm!*
 - *Download 'Mood Mission' to help support mental health! This app will be the best \$8 you ever spend to support your mental health and wellbeing. Not only does this app refine and use cognitive behavioural therapy, mindful strategies, tools, and educational support. The data is also collected and used as research into mental health.*
 - *Stress Management Tapping Use this method when feeling stressed. Emotional Freedom Tapping (EFT) can be very beneficial in times of stress, overwhelm or when needing to relax. <https://www.thetappingsolution.com/tapping-101/>*
 - *Grief Support every individual manages profound grief differently. Find your own coping strategies with the help of your counsellor, fill your instagram feed with positive grief pages and pages of self-love. For example 'refugeingrief' 'itsokaynottobeokay' 'the.discomfort.table'*
 - *Using podcasts is an excellent tool to overcome stress, anxiety and form healthy habits. Pop these on when walking, or during time for self care. A great podcast I recommend for yourself is "Do you F***ing Mind" scroll through her episodes and see if there are any you are interested in. Use the CALM app when feeling stressed or can't fall to sleep*

GOALS:

- **UPDATES TO YOUR TREATMENT PLAN**
 - *SWAP Active B6 to Methyl Active*
 - *SWAP Selenium Capsules to Thyro HPA Forte*
 - *UPDATED Herbal Liquid (Same dose)*
 - *NEW: BioHeme Iron, Neurocalm Sleep & Nanocelle D3 + K2 Spray*
 - *Spearmint Tea*
- **Please start drinking 2-3 cups of spearmint tea everyday!** *Spearmint has shown to have a direct impact on reducing testosterone levels. Scientific studies have shown a reduction in elevated testosterone levels in women who had just 2 cups daily.*
- **Planet Organics is a great brand** >> <https://planetorganic.com.au/products/organic-spearmint-tea-bags>
- *Please have 2x 'Adrenal Cocktails' each day! Mix:*
 - *1/8th of a teaspoon of Cream of Tartar.*
 - *1/4th of a teaspoon of Himalayan or Celtic sea salt.*
 - *100ml of fresh squeezed orange juice (or Nudie OJ from the supermarket).*
- *Please follow the self abdominal massage every day for 5min to help your bowels move and evacuate better: <https://www.youtube.com/watch?v=AcqoR9XImQ>*



REFERRALS AND INVESTIGATIONS

GP results:

- ***Vitamin D- 91 (Optimal is 110)***
- ***Haemoglobin- 128 (Optimal is over 135)***
- ***Ferritin-Iron- 34 (Optimal is 100-110)***
- ***Vitamin B12- 400 (Optimal is over 600)***
- ***TSH- 1.27 (Optimal is 0.4-1.5)***
- ***T4- 18.8 (Optimal is 15.4-19.3)***
- ***T3- 4.4- (Optimal is 5.9-6.8)***
- ***Reverse T3- 373 (Optimal is 170-370)***
- ***Cortisol- Noon- 14.5 (Range is 4-14)***
- ***Cortisol- Night- 5.7 (Range is 1-5)***

Nutripath & other hormonal testing:

- ***Iodine- 37.8 (Optimal is 200)***
- ***Etiocholanolone- 2450 (Range is 282-1500)***

Nutripath results April 2023:

- ***Haemoglobin- 135 (Optimal is over 135)***
- ***Ferritin-Iron- 77 (Optimal is 100-110)***
- ***Active B12 - 150 (Optimal >100)***
- ***MCV- 104 (Range is 78-98)***
- ***MCHC - 29 (Range is 31-37)***
- ***Haematocrit - 48 (Range is 35-47)***



REFERRALS AND INVESTIGATIONS

GP & Nutripath results May 2023:

- ***Haemoglobin- 133*** (Optimal is over 135)
- ***Ferritin-Iron- 55*** (Optimal is 100-110)
- ***Fasting Glucose- 4.9*** (Optimal is under 4.5)
- ***AST- 27*** (Optimal is below 30)
- ***ALT- 26*** (Optimal is below 30)
- ***Cholesterol level- 5.3*** (Optimal is below <5.0)
- ***Morning cortisol- 76*** (Optimal is 30-40)
- ***Midday cortisol- 24*** (Optimal is 10-14)
- ***Progesterone- 257.6*** (Optimal is 800-1000)
- ***Testosterone- 129.5*** (Optimal is around 100)
- ***E1- 10*** (Range is 9.5- 71)

Nutripath 5.24:

- ***Iron studies- ferritin- 65*** (Optimal is 100)*
- ***Iron (what your gut can absorb) - 13.8*** (Optimal 20-30)*
- ***Transferrin Sat - 21*** (Optimal 25-45)*
- ***TSH- 1.27*** (Optimal is 0.4-1.5)
- ***T4- 16.4***(Optimal is 15.4-19.3)
- ***T3- 4.4*** (Optimal 5.9- 6.8)*
- ***Reverse T3 - 249*** (Optimal is 230-370)
- ***THYROID PEROXIDASE Ab. 11.2*** (Optimal is below <34)
- ***THYROGLOBULIN Ab. 14.1*** (Optimal is below <80)
- ***TRABS- 0.8*** (Range is 0.00-1.8)
- ***Progesterone- 323*** (Optimal is 800-1000)*
- ***5MTHF 23*** (Optimal >25)*



REFERRALS AND INVESTIGATIONS

GP bloods 5.24:

- *Vitamin D- 91 (Optimal is 120+)**
- *Iron studies- ferritin- 46 (Optimal is 100) **
- *Haemoglobin- 136 (Optimal is above 135)*
- *Vitamin B12- 390 (Optimal is 600+)**
- *Insulin- 8 (Optimal is below 8)*
- *Fasting Glucose- 5.1 (Optimal is under 4.5)**
- *Testosterone- 1.0 (Optimal is below 1.0)**
- *Progesterone - 2 (Optimal 40-80) - NOT day 21!*
- *Oestrogen - 150 (Optimal 100-200)*
- *LH 5*
- *FSH 8*
- *FSH/LH - (I want these to be a 1:1 ratio & both under 10) **
- *SHBG - 37 (Optimal 30-110)*
- *Prolactin- 109 (Optimal is below 500)*
- *Cholesterol level- 5.9 (Optimal is below <5.0)**
- *LDL- 3.8 (Optimal is below 2.4) **
- *HDL- 1.74 (Optimal is >1.5, ideal ratio of HDL:LDL is 2:1)**
- *TSH- 1.1 (Optimal is 0.4-1.5)*
- *DHEAS 2400 (Optimal 1000-2000)**



HERBAL LIQUID

- **Korean Ginseng: 60ml per bottle.**

Strong nervous system and adrenal support, boosts energy and is a natural antioxidant.

- **Saffron: 40ml per bottle.**

Powerful antioxidant, mood lifting, fights inflammation. Used for Pre-menstrual syndrome, PMDD & fighting depression and stress overstimulation.

- **GINGER: 20ml per bottle.**

Circulatory stimulant, anti-inflammatory, blood tonic, antimicrobial, stimulates digestion, warming. Ginger has shown to combat inflammation and keep your immune system healthy.

- **Skullcap: 60ml per bottle.**

Strong nerve tonic, improves memory and concentration, Soothing herb, sedative for insomnia, helps with sleep maintenance (waking during the night), irritability, emotional stress & anxiety.

- **Celery seed: 70ml per bottle.**

Celery seed has traditionally been used to support tired joints, fluid retention and uric acid balance. It contains minerals, particularly potassium, which can support joint comfort and helps to clear excessive fluid and puffiness

- **LION'S MANE: 100ml per bottle.**

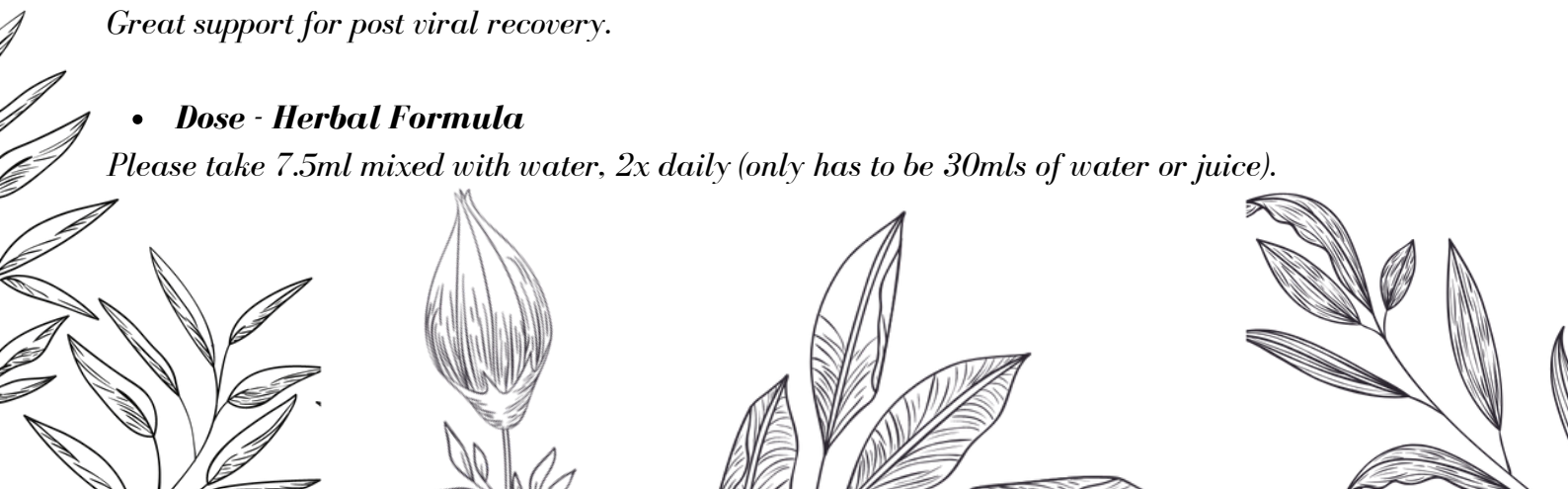
Anti-oxidative, anti-diabetic, anti-cancer, anti-inflammatory, antimicrobial, anti-hyperglycemic, and hypo-lipidemic effects. Great for mental health and nervous system regulation.

- **SIBERIAN GINSENG: 80ml per bottle.**

Great for energy and helps with mental and physical stress and fatigue. Strong adrenal tonic for stamina, immune regulation, reduce effects of radiation exposure (phones, computers, planes). Great support for post viral recovery.

- **Dose - Herbal Formula**

Please take 7.5ml mixed with water, 2x daily (only has to be 30mls of water or juice).





TREATMENT PLAN

NUTRACEUTICAL SUPPLEMENTATION

SUPPLEMENT	DOSE	AM	PM	HELPS WITH
COMPOUND	Please add 3 teaspoons to a glass of water & drink daily.	3		This compound has been specifically designed for you to help regulate your blood sugar levels, manage metabolism, balance mood and regulate the stress response while helping to improve brain fog and mental acuity. Added support for sleep quality and liver clearance.
FEMME ESSENTIALS	Please take 1 capsule daily with breakfast.	1		A super multivitamin to provide essential nutrients to boost immunity, increase energy production, support healthy hormone metabolism via broccoli sprout extract, maintenance of healthy bones, healthy reproductive hormones, healthy cognition and brain function, normal healthy blood and heart function along with muscle and nervous system function. Contains essential nutrients to replenish your system postpartum & post- breastfeeding.
EPA/DHA	Please take 2 capsules, twice daily. (Refrigerate after opening).	2	2	Fish oil is rich in omega-3 fatty acids, which are well known for their powerful anti-inflammatory properties. Omega-3 fatty acids, a major building block of the brain that play's a role in sharpening memory and improving mood. There is a direct link with limited omega 3's & depression. Omega 3's have shown to improve uterine blood flow, reduce inflammation, prevent miscarriage & support your growing baby's cognitive function for healthy development.
THYRO HPA FORTE (When Selenium Caps finish)	Please take 1 tablet TWICE daily with food	1	1	Support healthy thyroid hormone production and thyroid gland health Provide antioxidant support for general health and wellbeing, Support healthy stress response in the body, Traditionally used in Ayurvedic medicine to, Maintain cognitive function and memory, Support energy levels & metabolism. Thyroid function is essential for hormonal regulation and reproductive health



TREATMENT PLAN

NUTRACEUTICAL SUPPLEMENTATION

SUPPLEMENT	DOSE	AM	PM	HELPS WITH
GREEN CALCIUM	Please take 2 tablets daily away from magnesium	2		Calcium is essential for healthy bones and teeth as well as regulating magnesium levels in the body. Along with Active B6 it is quite useful in helping with pre-period mood dysregulation and PMDD. This green calcium is actually from red algae & has a much greater absorption rate than standard calcium.
CALMX	Please take 2 scoops, with breakfast	2		Magnesium is a very common deficiency in women, especially postpartum. Magnesium is used in over 300 functions in the body, so it is crucial we have enough in our system if we want to feel well. It supports a healthy stress response, assists with metabolism and synthesis of some neurotransmitters including the calming neurotransmitter GABA.
BIOPURE COLLAGEN PROTEIN	Add 2 metric tablespoons into your choice of beverage or food, allowing 30 seconds for collagen to dissolve.	2		Nutritional protein supplement for tissue repair, growth and development of bone and satiety. Low carbohydrate, low reactive and low allergenic protein source. Great for GUT health, to support healthy ageing, support immune system & overall wellbeing. A great protein powder that also support healthy hair, skin & nails!
METHYL ACTIVE (When Active B6 finishes)	Please take 2 capsules every morning.	2		Pyridoxal-5-Phosphate (P5P) is the metabolically active form of vitamin B6 found in the body and is involved in the metabolism of nearly all amino acids. Helps to maintain normal healthy nerve and brain function & manage pre- menstrual tension/syndrome. Important for healthy progesterone levels & estrogen metabolism!
BIOHEME IRON	Please take 2 every SECOND day away from other supplements	0-2		Your body uses iron to make haemoglobin, a protein in the red blood cells that carries oxygen to your tissues. Needed for energy levels, a healthy thyroid, important for hormonal health, immune system & gastrointestinal processes.



TREATMENT PLAN

NUTRACEUTICAL SUPPLEMENTATION

SUPPLEMENT	DOSE	AM	PM	HELPS WITH
TRIMAG RESTFUL NIGHT	Please mix 1 scoop each night into 200mL of water an hour before bed; consume immediately.		1	This magnesium has herbal support via therapeutic doses of Saffron, Passionflower and California poppy to help you get a better night sleep! These herbs also naturally help with the nervous system & nervous energy. When we are experiencing anxiety or depression we burn through magnesium very fast, so must replenish through supplementation.
NEUROCALM	Take 1 tablet THREE times a day			NeuroCalm contains herbs that help to calm the nervous system. It supports a healthy stress response in the body and can help to relieve anxiety, irritability, and nervous tension. Passionflower has an anxiolytic effect by affecting GABA neurotransmitter pathways. Zizyphus' calming effects come from its ability to increase the effect of GABA. GABA is a calming neurotransmitter, and its activity promotes sleepiness and relaxation. Magnolia bark can help reduce anxiety by activating receptors in the endocannabinoid system (like CBD) and help to reduce adrenaline and other stress hormones like cortisol.
NEUROCALM SOOTHE	Take 1 capsule twice daily	1	1	<i>Neurocalm Soothe combines herbal extracts from lemon balm and green tea with lavender oil to help calm the nervous system and reduce symptoms of anxiety and nervous energy. Green Tea reduces anxiety by promoting relaxation. Lemonbalm and Lavender help to promote GABA activity in the brain. GABA is a calming neurotransmitter, and its activity promotes relaxation.</i>



TREATMENT PLAN

NUTRACEUTICAL SUPPLEMENTATION

SUPPLEMENT	DOSE	AM	PM	HELPS WITH
NANOCELLE D3 + K2 SPRAY	Please spray x2 in the mouth away from food	2		Highly absorbable form of Vitamin D and K to help support bone health and growth, improve artery and blood vessel health, improve immune system function, hormonal synthesis and regulation and supporting fertility and a healthy pregnancy. Precursors to thyroid and parathyroid hormones, calcium regulation, the nervous system, blood sugar regulation and kidney health.
NEUROCALM SLEEP	Please take 1-2 tablets 30min before bed		1-2	NeuroCalm Sleep has relaxation and sedative qualities which promote a deeper, regenerative sleep and reduce mild anxiety while also helping to relieve pain and inflammation. Acting via GABA receptors and providing additional calming effects by moderating production of stress hormones such as adrenocorticotrophic hormone (ACTH), which stimulates cortisol production. GABA is a calming neurotransmitter and its activity promotes sleepiness and relaxation.



DIETARY RECOMMENDATIONS

- ***Please continue to enjoy the hormone loving diet plan ongoing.***
- ***Continue to follow a Gluten & Dairy free diet!***
- ***Please start to enjoy more seaweed & seafood in the diet to help with iodine levels.***

Here are some ideas:

- *Enjoy 'seaweed chips' from the supermarket as a snack (can get from Coles & Woolies in the 'health' section)*
- *1x a week have a seafood night & enjoy scallops, oysters, crabs, lobster, prawns etc GET ADVENTUROUS! :)*
- *Ask for grilled fish when eating out!*
- *Purchase some 'Dulse' flakes from online or a health-food store & sprinkle on top of any food you like (they taste salty).*
- *Make your own sushi at home with Nori sheets!*
- *Use 'Nori' sheets as a wrap (in place of a normal wrap) & add on any topping you like*
- *Cut up nori sheets & sprinkle on-top of salads, add to soups/stews/bone broth.*
- *Cut up Nori sheets really small & add to quality salt to make a salty sprinkle.*

- ***Please purchase some 'Dulse flakes' & start to sprinkle them onto your foods! Its an easy way to increase iodine in the diet- mix with salt for a salting sprinkle- <https://powersuperfoods.com.au/products/dulse-flake>***
- ***Buy the seaweed chips & eat them 5 days a week.***
- ***Please continue to start each morning with a glass of water & 1/2 a lemon squeezed in.***
- ***Please have 2x 'Adrenal Cocktails' each day!***

Mix:

- *1/8th of a teaspoon of Cream of Tartar.*
- *1/4th of a teaspoon of Himalayan or Celtic sea salt.*
- *100ml of fresh squeezed orange juice (or Nudie OJ from the supermarket).*

- ***Please have your Psyllium Husks daily.***



LIFESTYLE RECOMMENDATIONS

- ***Continue to do stretching each day.***
- ***Look for a great phycologist, can even be via telehealth for extra support during this time.***
- ***Try to spend 10 minutes everyday with your shoes off & feet in the grass. This is called 'grounding'. It is a great way to support your nervous system & your cardiovascular system while also improving general wellbeing. As often as possible, you are to take off your socks and shoes and go outside barefoot. Whether it be your backyard, local park, beach ect it's about getting fresh air and connecting back with the outside world. Your immune system functions optimally when your body has an adequate supply of electrons, which are easily and naturally obtained by barefoot contact with the Earth. Research indicates that electrons from the Earth have antioxidant effects that can protect your body from inflammation and its many well-documented health consequences. For most of our evolutionary history, humans have had continuous contact with the Earth. It is only recently that substances such as asphalt, wood, rugs, and plastics have separated us from this contact.***



www.mungbeanhealth.com

✉ mungbeanhealth@gmail.com

📷 [mungbean_health](https://www.instagram.com/mungbean_health)

TREATMENT PLAN

A FEW TIPS

- *Make sure you are diligent with taking your supplements.*
- *Add a reminder in your phone to ensure you are taking your supplements 2-3x a day, or as directed above.*
- *Keep your supplements in a visible place (like on your bench top) to help with compliance.*
- *Please let me know once you are getting close to finishing any supplements so I can re-order for you.*

I hope you enjoy your individualised, custom made treatment plan. If you have any questions about prescriptions or recommendations, please contact me through the details below.

Please follow this bespoke plan as well as you can, and I look forward to seeing you again in our next appointment.

*Next appointment booked for:
30th of July at 4PM*


Wishing you wellness,

Kirsty



www.mungbeanhealth.com

 mungbeanhealth@gmail.com

 [mungbean_health](https://www.instagram.com/mungbean_health)