

## **Treatment Plan for MAHALA BLAKELY**

**Date :** 08.10.24



**Patient Health Priorities :** Reduce bloating and gastrointestinal symptoms. Improve food sensitivities.

Regulate period. Improve pelvic floor tone. Improve liver function. Reduce anxiety. Improve nutrient status.

### *Short term*

- Improve gut symptoms and food sensitivities through investigating and treating gastrointestinal dysbiosis
- Improve pelvic tone to improve bladder and bowel control through lifestyle and dietary strategies
- Restore regular menstrual cycle through promoting regular ovulation using herbal, nutritional and dietary strategies
- Reduce anxiety by improving stress resilience and adaptation using herbal medicine
- Improve iron status through nutritional supplementation and dietary strategies
- Reduce liver enzymes by supporting liver function through herbal medicine

## Nutrition Overview for MAHALA BLAKELY

Date : 08.10.24



Include the following foods...		Target
Energy		> 2500 calories per day
Water	Low intake from 4-5L per day	

Eliminate or limit the following foods...	
Caffeine	Avoid after 1pm No caffeine until 1 hour after a healthy breakfast

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

## Prescription Overview for MAHALA BLAKELY

Date : 08.10.24

PRESCRIPTION	Breakfast	Lunch	Dinner	Bedtime
<b>Herbal Prescription</b> Avoid iron tablets by 2 hours	5mL	5mL	5mL	
<b>Bioheme</b> Avoid herbal prescription by 2 hours	1 (Mon, Wed, Fri) 2 hours away from herbal			
<b>Vitamin C</b>	1 teaspoon with iron			

*Herbal and nutrient prescriptions are individualised to your own health factors. They should only be taken by the person they are prescribed for. Please advise your naturopath if you commence a new pharmaceutical medication as this may change your herbal/nutrient prescription.*

### Other reminders:

- **Please follow up with your GP about the pain in your lower right hand side of the abdomen**
- Pelvic floor toning exercises
- **Psychologist referral** - Phoenix Holistic Health Centre (Nicole Albrecht or Sherry-Lee Smith)

### Testing Recommendations

- **Complete Microbiome Mapping** (\$569) - this test aims to offer valuable information about the abundance of different bacterial species, potential imbalances, and the functional capacity of the microbiota. The results of the Complete Microbiome Mapping Test can provide a foundation for personalised approaches to improving gut health, optimising digestion, and potentially addressing a range of health conditions linked to the microbiome.
- **Vaginal Microbiome Testing** (\$235) - disruptions in the vaginal microbiome can lead to various infections and diseases, such as bacterial vaginosis and yeast infections. Imbalances in the vaginal microbiome are associated with pelvic inflammatory disease.

**Detailed goals and rationale for MAHALA BLAKELY****Date :** 08.10.24

HEALTH GOAL	RATIONALE & INFO	DOSE
<b>Improve bladder and bowel control through toning the pelvic floor muscles</b>	<p>Kegel exercises help tone the muscles of the pelvic floor. These muscles support your urethra, bladder, uterus, and rectum. Strengthening these muscles may help improve bladder control.</p> <p>Squeeze the muscles that you use to stop the flow of urine. This pulls the vagina and rectum up and back. Hold for 3 seconds, then relax for 3 seconds.</p> <p>Increase your hold by 1 second each week. Work your way up to 10-second holds.</p> <p>Make sure you are not squeezing your stomach, thigh, or buttock muscles. You also should breathe normally. Do not hold your breath as you do these exercises.</p> <p>You can do Kegel exercises anywhere—while working, driving in your car, or watching television. But you should not do these exercises when you are urinating.</p>	10 contractions, 3 times per day

<b>Herbal Prescription</b>	<p>Improve adaption to and recovery from stress by supporting adrenal gland function and reducing nervous tension</p> <p>Improve microcirculation to assist delivery of herbal constituents to target tissues</p> <p>Reduce nausea, reduce muscle spasm of the digestive tract</p> <p>Improve liver function by supporting bile production and protecting liver from damage</p> <p>Improve the tone and function of the bladder</p> <p><i>Withania somnifera, Glycyrrhiza glabra, Zingiber officinalis, Matricaria recutita, Schisandra chinensis, Crataeva magna</i></p>	<p>Take 5mL three times per day (away from iron supplements)</p>
<b>Improve iron status through iron supplementation</b>	<p>Improve production of healthy red blood cells, in the formation of haemoglobin, and in oxygen transport within the body by correcting iron deficiency</p> <p>Improve immune function through increasing iron availability for macrophage activity and T lymphocyte proliferation</p> <p>Improve energy levels by supporting ATP production</p> <p>Improve thyroid hormone synthesis</p> <p>Research : <a href="http://www.Ncbi.nlm.nih.gov/pmc/articles/PMC9219084/">www.Ncbi.nlm.nih.gov/pmc/articles/PMC9219084/</a>  <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>

<p><b>Improve iron status through dietary strategies</b></p>	<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>Female 19-50 years : 18mg/day</p> <p>Female 51 years and older : 8mg/day</p> <p><a href="https://www.nrv.gov.au/resources/nrv-summary-tables">https://www.nrv.gov.au/resources/nrv-summary-tables</a></p>	
<p><b>Optimise Iron Absorption through nutritional supplementation of vitamin C</b></p>	<p>Supports healthy immune system function</p> <p>Improves iron absorption by enhancing the bioavailability of iron</p> <p>Supports collagen synthesis</p> <p>High plasma levels can help decrease the risk of heart disease. Prevention of LDL oxidation by vitamin C may prevent atherosclerosis, thereby mediating a potential role in CVD risk reduction</p>	<p><b>Prescribed</b> : Amazonia Raw Wholefood Extracts Organic Vitamin C+ 120g</p> <p>Add 2 teaspoons to a glass of water and take with iron supplement (can be taken daily too).</p> <p>Available from Osborne Health Supplies.</p>