

## **Treatment Plan for JESSICA CROUGHTON**

**Date :** 23.09.24

**Patient Health Priorities :** Improve fatigue. Support neurotransmitters. Reduce inflammation. Improve bloating. Reduce cholesterol. Support kidney function. Improve hormonal detoxification.

### *Short term*

- Improve fatigue through improvements in iron metabolism, supporting the adrenal glands and increasing stress resilience and recovery.
- Support neurotransmitter production through optimised gut function (improve barrier function, reduce inflammation, improve microbiome) and nutritional support
- Reduce inflammation to improve endometriosis, back pain and mood changes through optimised gut function and nutritional support
- Improve bloating by supporting digestion with nutritional and herbal strategies
- Reduce cholesterol through dietary and nutritional strategies, and improvement in liver function
- Improve hormone detoxification to improve symptoms of endometriosis

### *Long Term*

- Support kidney function to prevent decline in function
- Improve oestrogen metabolism to prevent progression of endometriosis

## Prescription Overview for JESSICA CROUGHTON

Date : 23.09.24



PRESCRIPTION	Breakfast	Lunch	Dinner	Bedtime
<b>Herbal Prescription</b>	5mL	5mL	5mL	
<b>Bioheme (Iron)</b>	1 every second day			
<b>Vitamin C Powder</b>	1 tsp with iron			
<b>SPM</b>			1 capsule	

*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:

- **Herbal prescription** - can take 7.5mL three times daily as an alternative
- **Iron supplement** can be taken Monday, Wednesday, Friday as an alternative dosing schedule. Please track it carefully using a printed calendar or similar

### Testing Recommendations

- Microbiome testing has been ordered
- MTHFR genetic testing could be considered

## Detailed goals and rationale for JESSICA CROUGHTON

Date : 23.09.24

HEALTH GOAL	RATIONALE & INFO	DOSE
<b>Herbal Prescription</b>	<ul style="list-style-type: none"><li>• Improve fatigue and improve stress resilience and adaptation through supporting adrenal gland function using adrenal tonics and adaptogens</li><li>• Support mood and improve fatigue and recovery by improving the tone, vigour &amp; function of the nervous system using herbal nervine tonics</li><li>• Reduce musculoskeletal inflammation to reduce pain using musculoskeletal anti-inflammatory herbs</li><li>• Protect the blood vessels to improve blood flow to the kidneys using cardio protective herbs</li><li>• Reduce cholesterol using hypocholesterolaemic herbs</li></ul> <p><i>Crataegus monogyna, Rehmannia glutinosa, Turnera diffusa, Withania somnifera</i></p>	Take 5mL three times daily for 4 weeks
<b>SPM Active</b>	<p>SPM Active is a specific and targeted approach to facilitate the resolution phase in patients experiencing inflammation which may be failing to resolve in a timely manner. Unresolved inflammation can lead into low-grade, chronic inflammation that may worsen existing disease states, impair recovery and negatively affect healthy ageing.</p> <p>SPM Active contains standardised and concentrated specialised proresolving mediators</p>	Take 1 capsule daily

<p><b>Improve iron status through iron supplementation</b></p>	<p>Improve production of healthy red blood cells, in the formation of haemoglobin, and in oxygen transport within the body by correcting iron deficiency          Improve immune function through increasing iron availability for macrophage activity and T lymphocyte proliferation          Improve energy levels by supporting ATP production          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>Prescribed : BioMedica Bioheme 30 capsules</p> <p>Take 1 capsule every second day</p> <p>*** Place a calendar 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><b>Haem iron sources</b> : meat (beef, lamb, pork, kangaroo), poultry (chicken, turkey, eggs), seafood (salmon, sardines, tuna) and organ meats (liver, kidney, pate)</p> <p><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</p> <p>Recommended Daily Intakes          Female 19-50 years : 18mg/day          Female 51 years and older : 8mg/day  <a href="https://www.nrv.gov.au/resources/nrv-summary-tables">https://www.nrv.gov.au/resources/nrv-summary-tables</a></p>	<p>Minimum 18mg per day</p>

<b>Optimise Iron Absorption through nutritional supplementation of vitamin C</b>	<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>Prescribed : 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>
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