

## Your Treatment Plan: Follow-up Consultation

**For:** Mackenzy Burnett

**Date:** 07/11/24

36 weeks pregnant (EDD 04/12/24)

### Summary of key issues discussed in consult

#### 1. *Recent blood test results reviewed:*

Improvements in **Haemoglobin 126 and Ferritin 20**. Continue on IronBiotic throughout pregnancy and early postpartum. We'll reassess your iron need/dose/frequency with your first postpartum blood tests at around 6-8 weeks.

Your **Vitamin B12 at 227** still needs support. Place the bottle in fridge so you're more likely to take it and have it 2 or 3 times a day to catch up.

**Vitamin D 90** - Top this up 'naturally' through sunshine on thighs/belly approx 20 daily to stimulate natural Vitamin D production.

#### 2. *Birth preparation & postpartum care products.*

Herbal products to consider:

**Labour Prep**\* - Herbal Extract (from 34-38 weeks, although I can provide an amended dose if you start at 36wks)

**Labour Ready**\* - Herbal Extract (from 38-40 weeks)

**Birth Ready Herbal Tea** (from 36 weeks)

**Labourade** (prep for use in late pregnancy, and use throughout labour)

\* You'll be prompted to complete a questionnaire to purchase, you can ignore this.

For postpartum care:

**Peri Spray** with **Peri Wash Bottle** (you get this free with Peri Spray so no need to add to cart)

**Baby Moon**, **Nip Stick**

Clients receive 20% off the Mamawise brand products with checkout code: **CLINIC20**

### 3. Meal prep nutrients for postpartum

When we think of 'healing after birth', we often think about the obvious areas. But the healing extends well beyond our vagina, or stitches or caesarean wound. There's also all the connective tissues of our body. These too, need both time and nutritional support to heal, recuperate and remodel after pregnancy and birth. They include the uterus, the pelvic ligaments, the abdominal and pelvic floor muscles, the skin, the vagina, the perineum or the multiple tissue layers involved in a caesarean.

Just having an uncomplicated, normal, physiological birth requires the perineum and pelvic floor muscles to stretch 3 times from their normal position to accommodate the baby's birth. If those tissues have been torn, or cut through an episiotomy, or there's multiple layers of a surgical wound (in a caesarean) this will require additional recovery time and nutrients.

The connective tissue of the body, ie. the ligaments attached to the uterus and cervix and those around the pelvis, have also been stretched to accommodate the growing size and weight of the uterus and baby. These are also stretched during the birth process. Then there's the skin of the growing belly and breasts. These also need to regain their elasticity.

In the first 2 weeks after birth, the organs also get busy reorienting themselves. The key nutrients to support this entire plethora of connective tissue healing after pregnancy and birth include protein, collagen, vitamin C, vitamin A, vitamin D and zinc.

**1. PROTEIN** provides amino acids that are the building blocks for all tissue growth. Animal based proteins are 'complete proteins' because they contain all 9 essential amino acids. This means they can't be made by the body so we must get them through our food.

- ◆ Quality sources include red meat, poultry, organ meat, fish, seafood, eggs, dairy products (e.g. milk, cheese, yoghurt) and a good quality protein powder

Plant proteins are considered 'incomplete proteins' and have a much lower protein concentration a gram-for-gram compared to animal proteins.

- ◆ Sources include beans, lentils, seeds, nuts, edamame, tempeh, soy products and plant-based protein powders.

**2. COLLAGEN** is the most abundant protein in the body. It's used to make connective tissue like bone, teeth, skin, muscles, tendons, cartilage. Collagen contains amino acids such as glycine, proline, hydroxyproline - all required for the intensive tissue repair after birth. Incorporating high collagen foods help provide healing properties for all wounds to heal optimally. Be it from a caesarean, an episiotomy or a 2nd degree tear.

- ◆ Found in bone broth, slow cooked meats (casserole meat cuts/pulled pork/whole fish etc) and/or collagen powder\*

My favourite bone broth brand is Gevity Rx, the 'Body Glue' comes in different flavours or natural. I've added the 'natural' to your script but check out other flavours. You can have a teaspoon in water like a soup/broth drink (this works better with flavoured varieties) or use (any variety) when cooking sauces, soups, casseroles, curries etc to increase the nutritional impact.

\*I've added my favourite collagen powder brand to your script at [vital.ly](https://www.vital.ly) to also consider. This dissolves well in liquid (and is flavourless) so can be added to various things; add to warm drinks, sauces/soups/stews, mix through yoghurt etc.

**3. VITAMIN C** is required for all phases of wound healing. It's needed for the bio synthesis of collagen and is also involved in protein metabolism.

- ◆ Found in fruits and veggies (raw or lightly steamed) like broccoli, capsicum, berries, kiwifruit or natural forms vitamin C powders with kakadu plum, camu camu, acerola berry. I've added my favourite, **Raw Wholefood Extracts Vitamin C** to your script at [vital.ly](https://www.vital.ly) to consider.

**4. VITAMIN D** helps speed up wound healing, is anti-inflammatory and supports the immune system.

- ◆ Found in egg yolks, grass-fed butter, fatty fish (eg. salmon, sardines) and mushrooms.

In fact, you can even place your store bought mushrooms in the midday sun for 1-2 hours to increase their vitamin D content before using them! Even if your diet is rich in vitamin D, we can only absorb a certain amount from food. The very best source of vitamin D production in our body is sunlight on our skin.

**5. ZINC** is an essential mineral for postpartum for many reasons! Its role in wound healing is multifactorial. It's needed for both collagen and protein synthesis, plus immune defence and scar formation, all of which are essential for regenerating and repairing tissue.

- ◆ Found in oysters, clams, red meats, organ meats, fish, tahini/sesame seeds and pumpkin seeds.

- ◆ It's also found in whole grains, legumes and other nuts/seeds.

*4. Some reading*

<https://www.mamawise.com.au/blog/from-cord-stump-to-belly-button>

<https://www.mamawise.com.au/blog/the-uterus-after-birth-how-to-prepare-the-early-changes>

## Your prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it for
Pure Natal	Prenatal multivitamin & multimineral supp.	Take 1 capsule, 1 x day with a meal. <b><u>Keep in fridge</u></b>	Continue through pregnancy and postpartum.
Liposomal D3	Highly absorbed Vit D for thyroid, pregnancy and metabolic health.	Pump 1 spray on the inside of each cheek ( <b>total 2 sprays</b> ). Hold in mouth for 30 seconds before swallowing. Take on an empty stomach (before or in between meals). <b><u>Keep in fridge</u></b>	Continue through pregnancy and postpartum, until blood tests at 6-8 weeks.
Sublingual Hydroxy-B12	Highly absorbable Vit B12 supplement.	Dissolve 1 lozenge in mouth, <b>2-3 x day</b> , before meals. Take before or between meals. <b><u>Keep in fridge</u></b>	Continue through pregnancy and postpartum, until blood tests at 6-8 weeks.
Liquid iodine	Additional iodine to support your thyroid health and baby's neurodevelopment.	Place <u>1 drop</u> into water, and take 1 x day.	Continue through pregnancy and postpartum, until blood tests for thyroid function at 6-8 weeks.
DHA + Choline	Contains DHA fatty acid plus choline - specific for brain, eyes, nervous system development in baby. Also supports maternal brain health during pregnancy.	Take 2 capsules at once, then 1 capsule next time (total 3 per day) with meals. <b><u>Keep in fridge</u></b>	Continue through pregnancy, postpartum/ breastfeeding.  <i>Your choice whether you'd like to stop this at 38-39 weeks, before starting again after birth.</i>
Ultra Flora Mother +Baby	Specific probiotic strains to support mother and baby's gut microbiome immune system.	Take 1 capsule, 1 x day <b><u>Keep in fridge</u></b>	Continue through pregnancy, postpartum/ breastfeeding.
Iron Biotic	Highly absorbed Iron supp with cofactors.	Take 2 capsules, 1 x day (either with breakfast or last thing at night before bed).	Continue through pregnancy and postpartum, reassess with blood tests at 6-8 weeks.
Ultra Flora GI Regulate	Probiotic + prebiotic blend for bowel function.	Dissolve 2.5 teaspoons (5gm) in a cup of water 1 x day <b><u>Keep in fridge</u></b>	<i>If need be you can start this again for regular bowels in postpartum.</i>

## Next time

Let's check in again with a Review Consultation (20min) around 39 weeks to see how you're going with your labour and birth prep and fine tune anything if need be before the birth.

If you run out of any products before that time you can send me a request through at [Vital.ly](https://vital.ly).

If you have any questions about your Treatment Plan or your products, please get in touch.

---