

Your Treatment Plan: Follow-up Consultation

For: Zianna Mullins

Date: 21/11/24

Summary of consult:

- Noted improvements with some measurable fat loss, stress levels, energy, period pain/flow, and some premenstrual symptoms
- Still experiencing mood changes late luteal phase and significant bloating prior to and with period, plus cystic acne flares.
- Continue on all products as previously prescribed. You may take your **Mag Calm 2 x day** in your premenstrual phase when you feel your mood/swings are noticeable.
- Trial elimination of cow's milk dairy for 3 menstrual cycles to support skin and hormonal health.

Cow dairy (eg. milk, cheese, yoghurt, ice cream) contain A1 beta-casein, a protein that can trigger histamine release and mast cell activation in those sensitive to it. In the gut the A1 beta-casein converts to the inflammatory peptide "beta-casomorphin-7 (BCM7)" which can create inflammation and stimulate mast cells, which increase histamine levels. This can exacerbate symptoms of heavy and/or painful periods. It also plays a role in premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD).

Alternatives: products made with **goats** and **sheep** milk (ie. A2 casein), or coconut milk, almond milk (eg. Nutty Bruce brand, in milk fridge at most supermarkets, or make your own fresh 1-2 x week)

Butter/ghee is OK as discussed for weekend breakfasts. Monitor your symptoms over this time.

Follow-up blood tests

- To complete in January 2025. Please forward all results at least 48hrs prior to our next consult:

Iron studies, Vitamin B12, Folate, Vitamin D, Fasting insulin, Fasting glucose, HBA1C, C-Reactive Protein (CRP), Complete Thyroid Profile (TSH, T4, T3, Thyroid antibodies, Reverse T3) Copper Ceruloplasmin & Zinc (via Nutripath) - I will order for you, then lab will emails you to finalise.

If you have any issues getting any of the general pathology tests requested, please let me know and I can request privately for you. Please select a 30min Follow-Up Consultation to go through your results.