



Treatment Plan- Jenessa Mitrevski
08/08/2024

The following recommendations aim to address the main focus of our consultation today which was to find a suitable preconception and iron supplement.

Suggested Supplements:

Tresos Natal (by Eagle)- continue taking this preconception formula which contains active forms of vitamin B6, vitamin B12 and Folate along with other valuable vitamins and minerals.

Dosage: Take 1 capsule daily with food (either morning or lunch)

Femex Forte (by Biomedica)- a probiotic formula aimed at restoring beneficial intestinal flora (in addition to supporting urinary tract health). This is essential for good immune function and adequate absorption of nutrients.

Dosage: Take 1 capsule daily (1x before bed)

BioHeme (by Biomedica)- an iron supplement containing Ferrochel® Iron bisglycinate which has high bioavailability and is gentler on the digestive system. It also contains Lactoferrin (assists with absorption) and Vitamin C (also assists with absorption and metabolism along with its role as an antioxidant and protecting cells from free radicals).

Optional- Clinical Lipids 2:1 (by Orthoplex)- Omega 3 is anti-inflammatory, supports the brain and cognitive function, helps maintain healthy blood lipid levels, helps maintain a healthy cardiovascular system and promotes healthy joint function.

Dosage: Take 1 capsule twice daily with food

Supporting Advice:

- Try to form a habit of drinking more water each day (approximately 1.5-2L p/day). The amount you need is based on your weight, environment and level of exertion so it is only a guide.

Adequate water intake helps to maintain good brain function, eliminate toxins, aid digest, reduce UTIs and helps prevent constipation. Try adding some fresh lemon to water or ginger and lemon to hot water (bruise ginger first).

- Consider a herbal tea at night (after dinner or before bed) to assist with sleep and increasing water intake. There are lots of blends on offer, even Woolworths have a few, just aim for organic where possible.

To start, I'd recommend lavender and chamomile (you can also add some rose buds to make it taste even better) which can be ordered from the supplier below and mixed together.

<https://www.herbcottage.com.au/collections/medicinal-dried-herbs?page=2>

- Adopt a healthy bedtime routine to improve sleep which can include:
 - Having a regular sleep/awake time
 - Trying to get to bed by 10pm
 - Ensuring daily sunlight exposure of 30-60mins (esp. morning sun, in conjunction with sun smart practices)
 - Avoiding scheduling too many activities at night which may leave insufficient time to wind down
 - Stopping all activities that require concentration or cognitive behaviour at least 30mins before bedtime
- B vitamins are needed for energy production and nerve function (among other things). Small amounts are contained in the Tresos supplement however, consider adding a few nuts and seeds (almonds, walnuts, pepitas etc) as well as more vegetables to increase intake. Nuts and seeds are also a good source of protein and some contain monosaturated fat which can assist in reducing cholesterol.
- Monosaturated fats (considered good fat) are good for the heart, reducing inflammation and reducing cholesterol (olive oil, avocado, nuts and seeds) along with many other health benefits. This may be another good addition to your diet.
- Incorporate where possible garlic, ginger, turmeric and other anti-inflammatory in cooking or in tea for their anti-inflammatory and immune enhancing properties.

Follow-up Appointment

If you'd like a follow-up consultation, just let me know. At this time, we would review your current treatment and could also look at the following:

- Ways to reduce overall cholesterol
- Dietary advice
- Consider seeking another counsellor or psychologist. This can be subsidised by Medicare when obtaining a mental health plan through your GP