



### **Treatment Plan- Sarah Conron**

13/06/2024

The following recommendations aim to address the main health concern you came to discuss which was to improve your immune system function.

#### **Suggested Supplements:**

**Ultra Flora Intensive Care** (by Metagenics)- a probiotic formula aimed at rebuilding a healthy gut flora balance. This is essential for good immune function and adequate absorption of nutrients.

Dosage: Take 1 capsule twice daily (1x morning after breakfast and 1x before bed)

Cost: \$56 (this will last one month)

**MetaZinc Vitamin C**- high strength, easily absorbed zinc powder with vitamin C and activated B6. Useful in improving and maintaining healthy immune function. Vitamin C is also a powerful antioxidant which helps protect your body from damage to cells caused by free radicals.

Dosage: Take 1 capsule daily with food (preferable with breakfast)

Cost: \$26 (will last roughly two months)

**Optional- VegeNAC**- An important precursor to the antioxidant glutathione. Glutathione is essential for the immune system's proper functioning and is vital in building and repairing tissue. NAC has shown to have immune-modulating, antiviral and anti-inflammatory effects.

Cost: \$23 (will last roughly two months)

**Optional-** suggested to replace current Magnesium supplement- **MagCalm** (by Orthoplex)- Magnesium, glycine and taurine combined with passionflower and lemon balm herbal extracts

Magnesium is important for hundreds of chemical reactions in the body including supporting good energy levels, reducing fatigue, managing stress and promoting sleep.

In addition, Passionflower is a herb useful for sleep disturbances (including Insomnia) & stress. Lemon Balm is another herb useful for promoting sleep and relaxing the nervous system.

Dosage: Take 2 scoops in water once daily (preferably at night an hour before bed)

Cost: \$44 (will last around 40 days)

## **Supporting Advice:**

- Complete blood test and request a copy of the results. This will ensure your liver and kidney function is ok and rule out low iron levels which you've experienced previously,
- Increase water intake to approximately 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 and helps prevent constipation,
- Maintain healthy bedtime routine 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
- Limit alcohol consumption if possible until our follow up consultation to allow your body time to recover and repair,
- Continue with your exercise routine when you're feeling strong enough and able (although if unwell, rest obviously is more important),
- Continue to maintain a healthy, wholefood and varied diet rich in vegetables, some fruit, good fats (e.g. olive oil, avocado, almonds), nuts, legumes, seeds, eggs and wholegrains. Oily fish is a great source of animal protein (e.g. sardines, salmon) and other animal proteins are great when eaten in smaller quantities. Where possible choose organic or non- GMO options and
- 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**

It would be great to get you back for a follow up consultation in around 2-3 weeks. Let me know if you're interested and when suits and I'll book you in.

At this time, I suggest we look at the following:

- Review suggested treatments above e.g. what appears to be helping and your observations
- Consider looking at more support for your nervous system. This may include an herbal tincture or herbal tea, incorporating more selfcare practices or considering a referral to a psychologist for ongoing mental and emotional support.