

20.03.25

### Treatment Plan for Akiho Oda

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Tresos Natal			1						
Nordic Fish Oil			2						
S.Birido Biotic		1				1			
Mother and Baby		1							1
Diasporal									1 sachet
Spatone				1 sachet		1 sachet			
Heme Synergy				1					
Zinc picolinate				1 scoop					
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

**Mediterranean diet** – good clean eating, quality protein (mix of fish, red meat and poultry, selection of different coloured veg and good fats)

Eat minimum once daily - Dark green leafy veg (silver beet, kale, broccoli Asian greens- pak choy, bok choy)

Calcium-rich foods – tinned salmon with bones, all nuts (almonds) all seeds (sesame seeds, tahini) dark green leafy veg (Pak Choy, silverbeet)

Add protein to every meal and snack

Sunshine ☀ daily

Next bloods – HbA1c, fasting insulin, fasting blood glucose, full iron studies

**Next appointment: reassess in 6 weeks (post bloods)**

Email through pathology results