

Treatment Plan

Flavia Faria Santos

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Treatment Goals:

1. Support Energy & Address Fatigue

improve mitochondrial function, support iron stores, manage caffeine use, and address post-exercise fatigue.

2. Joint Pain & Arthritis Support

Reducing inflammation, supporting immune modulation, and addressing potential autoimmunity.

3. Hormonal Balance

Support healthy hormone metabolism, particularly due to prior use of anabolic agents.

4. Sleep Support

Improve sleep initiation, reduce caffeine dependency, and regulate circadian rhythm.

5. Nervous system support to decrease stress and anxiety.

Lifestyle:

- Avoid caffeine after 1–2 PM (ideally every other day avoid caffeine altogether).
 - Try using more gentle caffeine sources like green tea or matcha. Always before 2pm.
- Create a bedtime routine to support sleep onset: relaxing herbal tea (puka blends are great) + decrease screen time after 8 pm

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Dietary Recommendations

- 1/2 lemon in water with lunch to improve digestion and increase iron absorption in that meal.
- Diversify fruit intake (maybe keep 1 banana/day and add berries, kiwi, apple, etc.). Prefer unripe bananas.
- Your current diet lacks omega-3 fatty acids which are essential for *joint health and controlling inflammation*. Consider adding fish to your diet 2-3x per week instead of chicken or beef.
- Support liver detox post-steroid use with cruciferous veg (broccoli, cauliflower, kale)
 - **You don't need to love vegetables. You just need to eat them in a way that works for you. Think of them as medicine for your hormones, joints, and energy.**
 - Try to eat mild-tasting vegetables such as capsicum, carrots, and cauliflower. You can blend them in a potato mash or cut them in small pieces and mix them on your beef mince. Kale works well in smoothies too.

Savoury breakfast options around 450kcal

1. High-Protein Savoury Wrap

1 wholegrain wrap (120 kcal)

3 eggs scrambled (210 kcal)

1 tbsp mayo or mashed avocado (90 kcal)

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Veggie Omelette + Toast

2 whole eggs + 1 egg white (160 kcal)

Chopped vegetables (try to add anything here, grated carrots, tomatoes, capsicum, onion) (25 kcal)

1 tsp olive oil (40 kcal)

1 slice wholegrain or sourdough toast (120 kcal)

1 tsp butter or avocado on toast (50–60 kcal)

Supplementation:

1. Herbal tonic

- a. *To support stress, inflammation and increase energy levels*
 - i. *Take 5mL twice daily (breakfast and lunch) in a small amount of water.*

2. Magnesium:

- a. *For pain management, muscular and nervous system support*
 - i. *Take 2 capsules once daily with breakfast*

3. Iron:

- a. *Take one capsule every second day.*

Suggested Pathology for Review

- *Full iron panel (incl. ferritin, transferrin, serum iron)*
- *B12, folate, vitamin D*
- *Inflammatory markers (CRP, ESR)*
- *Hormone panel*
- *LFT*

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