

23.04.25

### 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.Bitido Biotic		1				1			
Mother and Baby		1							1
Alkamin Essential									½ scoop
Spatone		1 sachet		1 sachet		1 sachet			
Heme Synergy		1							1

*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

\*Diatomaceous Earth - dust on the affected area around the mouth after applying herbs

\* Suggested Raspberry Leaf extract - pending brand, 3mls to 5mls once daily. can take up until post-labour for uterine tone.

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

Email through blood results