

Your Care Plan: Review Consultation

For: Raana Scott

Date: 14/05/24

Summary of consult

1. Blood test review (Feb 2025)

Oestradiol (oestrogen) - 560

Progesterone - 43

That oestrogen level is pretty high for that early in your cycle (= perimenopause). This also creates the picture of 'oestrogen dominance' with a 'relative progesterone deficiency", even though your Day 21/22 progesterone of 43 is good.

Both **Iron studies** and **Vitamin D** (120) are great.

2. Supplement review

There's only a few minor tweaks at this stage (shaded in pink) until next lot of bloods for Vitamin B12, Vitamin D.

3. Other notes

I've changed to a Perth-based dispensary service, Rener Health, so I've created a prescription for you there for your supps. You should receive any email from them.

It will be interesting to see any (positive) effects on your premenstrual symptoms and periods with the 200mg Prometrium.

Some other great accounts to follow:

@drvondawright
@rebelnest_menopause
@wise_and_well_
@dr.felicegersh
@drrachelrubin
@the_menopausedoctor
@drmaryclaire

Your Prescription

Product	Why I've prescribed it	Dosage instructions	How long to take it for
Clinical Lipids 2:1	Quality, clean omega EPA/DHA combo for cognition, brain health, skin health and reduce inflammation in the body.	Start again with 1 capsule, 1 x day. Take half way between a meal (eg. dinner) Keep in fridge.	Until advised.
MagTaur Xcell	Magnesium, taurine plus B vitamins to support: a healthy stress response, hormones and mood balance.	Mix 1 scoop in water, 1 x day. Have with breakfast or lunch.	Until advised.
Opti Active D & K2	Bioavailable Vit D and K. Vit D is essential for hormonal, immune & mental health, plus bone density long term. Also plays a role in insulin sensitivity and blood sugar balance. Works with magnesium in the body.	Take 1 capsule daily, with meal. Take with your MagTaur.	Review after next blood test.
Sublingual Hydroxy-B12	A highly absorbable form of vitamin B12 to support brain energy, mood, emotional balance, cognition & energy.	Dissolve 1 tablet in mouth, Mon, Wed, Fri.	Review after next blood test.
Vege NAC	A precursor to the 'master antioxidant' glutathione. Supports mood via 'sheltering the nervous system' from glutamate (a stimulating neurotransmitter). Is also immune modulating & anti-inflammatory & support liver health.	Take 1 capsule, 2 x day with meals.	Until advised.

Next time

Let's look to catch up again in a few months after we've arranged some follow up blood testing. Please send through your doctors path request form before arranging your next blood test so I can review what's been requested, and perhaps add to it.

If you have any questions about your Treatment Plan or your products, please get in touch.