



### **Treatment Plan- Kelly-Anne Coysh**

23/05/2025

The following recommendations aim to address the main health concern you came to address which was ongoing extreme fatigue which is affecting everyday life and chronic bloating.

#### **Suggested Supplement**

Consider replacing your current magnesium with the one below which also contains B vitamins. This may improve energy and assist with constipation.

#### **Ultra Muscleze Energy** (by Bioceuticals)

This product contains a highly absorbable magnesium as well as B vitamins and other nutrients to support energy levels and reduce fatigue.

**Dosage:** 2 scoops in 200ml water, once per day.

<https://www.chemistwarehouse.com.au/buy/97955/bioceuticals-ultra-muscleze%C2%AE-energy-240g>

#### **Other Recommendations**

Making some adjustments to your diet to provide your body with longer lasting energy and to avoid blood sugar spikes which may contribute to fatigue.

- Avoid highly processed, high sugar foods and drinks (e.g. biscuits, cakes, fruit juice, some breakfast cereal, lollies, dried fruit).

Include lots of vegetables, some fresh fruit (limit 1-2 per day), good fats (e.g. olive oil, avocado, almonds) and choose wholegrains where possible.

- Include adequate protein in your diet.

**Good protein sources-** eggs, handful of nuts/seeds, legumes such as lentils and chickpeas, lean meat, Greek yoghurt, fish/shellfish.

- Improve bowel function, aiming to eventually pass a stool every day to reduce bloating and assist in reducing fatigue. Try the following:
  - Try going when you first wake up and take something to read.
  - Ensure adequate intake of fibre.

Good sources of insoluble fibre (which softens stools)- oats, legumes, **pears**, apples, oranges, carrots

Good sources of soluble fibre (bulks stools making them easier to pass- Green vegetables (beans, zucchini, celery), kiwifruit, wholegrains, nuts & seeds.

- Increase water intake. Try adding some fresh lemon to water or having hot water or herbal tea e.g. Peppermint. Peppermint tea is also great for digestive issues. Nerada is a good brand from Coles or Woolworths and is not expensive.
- Avoid sitting for long periods

### **Future Considerations**

- Review current treatment plan
- Review blood test results and address any deficiencies
- Discuss GP's plan to rule out conditions such as chronic fatigue