



## **Treatment Plan- Emily Buchhorn**

30/05/2025

The recommendations below are a continuation of the treatment plan we designed following your initial consultation.

**Continued Treatment-** Herbal tea (nettle and rosehip)

### **Suggested Supplements:**

**BioHeme** (by Biomedica)- a highly bioavailable iron supplement which is gentler on the digestive system. It also contains Lactoferrin and Vitamin C which both assist with iron absorption.

**Dosage:** 1 capsule every **second** day with food

**Clinical Lipids 2:1** (by Orthoplex)- Omega 3 is anti-inflammatory, supports the brain and cognitive function and may assist to improve skin barrier function and improve hydration.

**Dosage:** Take 1 capsule twice daily with food

### **Other Recommendations**

- Continue to include foods containing essential fatty acids in your diet (e.g. fatty fish such as sardines, wild caught salmon, olive oil, chia seeds, walnuts, fatty fish, flaxseed) which may help to improve skin barrier function and improve hydration. Essential fatty acids can also help regulate mood and support brain function.
- Other possible herbal teas to try- lavender (which is great for reducing anxiety), dandelion root (great for the liver), oats straw (good for anxiety).
- Continue to increase water intake to approximately 2L p/day.

### **Follow-up Appointment**

At your follow up consultation, I suggest we look at the following:

- Review suggested treatments above, supplements and discuss your observations
- Review skin and current symptoms
- Discuss ways in which to better manage anxiety/stress and regulate mood (e.g. breathwork, grounding techniques)
- Consider herbal tincture if symptoms aren't improving
- Discuss Sertraline dose (following discussion with your GP)
- Further discuss diet and possible allergens/sensitivities (e.g. histamine). Consider symptom tracker