

Care Plan

For: Claudia Marchesini

Date: 16/7/25

Summary of key issues discussed:

1. **Supplement review;** continue on all supplements **as previously prescribed 11/04/25.**

I've created a new script for you at Rener Health. You'll receive an email from Rener.

If you wish, you can go back on **Naturobest Trimester 2/3/Breastfeeding** or **EverNatal** once you've finished **Pure Natal**, if you feel it's not agreeing with you?

Take your **Ultra Flora Mother & Baby** (probiotic) any time - it's just important you take it.

Continue with the support for your nervous system during this time of poor sleep quality and disrupted sleep. Refer to previous Care Plan, and continuing your supplements.

MSM: https://www.ncbi.nlm.nih.gov/books/NBK579036/#_NBK579036_dtls

A point of resource for safety with MSM in lactation. You could start with small dose and look for any reactions in bub.

2. **Baby;** paediatric chiropractor assessment

Dr Scott Campbell-Lloyd <https://www.mthawthornchiropractors.com.au>

Let him know I sent you :)

Consider a 4 week trial of removing dairy products 100%

3. **Baby:** introducing solids / baby-led weaning

Boob to Food <https://boobtofood.com/> <https://www.instagram.com/boobtofood/>

Some great check points for baby's readiness for solids, tips and recipes

4. Breastfeeding: fast let-down? oversupply?

<https://kellymom.com/bf/got-milk/supply-worries/fast-letdown/>

This website is a great resource.

5. Hydration - aim for 2.5 - 3L fluid daily (remember, 750-900ml goes to breastmilk daily)

Use herbal tea blends, soups etc

6. Blood tests

We'll look to repeat blood tests in September 2025 (6 months since last batch).

7. Changes to bowel habits:

I wrote [this blog](#) about 'constipation in pregnancy', see the tips/recommendations to include in your diet that may help you.

Next time

Please book a 30min Follow-Up Consultation for late August/September.

We can discuss next blood tests here too. Please get in touch if you have any questions.