



### **Treatment Plan- Jenessa Mitrevski**

04/02/2025

The following recommendations aim to address the main focus of our consultation today which was to review your preconception plan and current supplements.

#### **Suggested Supplements:**

Replace Tresos Natal with **Naturobest Preconception Multi for Women (by Naturobest)**- a preconception formula which contains activated B vitamins including active Folate (which are more easily absorbed), along with other valuable vitamins and minerals including iodine, zinc and CoQ10 to prepare your body for pregnancy.

**Dosage:** Take 2 capsules daily with food.

**MagCalm** (by Orthoplex)- containing a highly absorbable magnesium which is good for supporting hundreds of chemical processes in the body including helping to reduce fatigue, promoting restful sleep, supporting a healthy stress response and healthy nerve function. This formula also contains Passionflower, an herb which assists with insomnia, excessive thinking and anxiety and Lemon Balm, which relaxes the nervous system and also assists with insomnia and anxiety.

**Dosage:** 2 scoops in water, once per day (night)

**VegeNAC**- An important precursor to the antioxidant glutathione. Glutathione is essential for the immune system's proper functioning and is vital in building and repairing tissue. NAC has shown to have immune-modulating and anti-inflammatory effects.

**Dosage:** 1 capsule daily

**Primal Energy** beef liver capsules (by Ancestral Nutrition)- grass fed, non-GMO and a valuable source of iron, vitamin B12 and folate.

**Dosage:** Take 4 capsules once per day with food every second day alternating with the BioHeme (can open capsules and sprinkle on food or in water)

Continue:

- **Femex Forte** (by Biomedica)
- **BioHeme** (by Biomedica)- change dosage to once every **second** day
- **Clinical Lipids 2:1**- change dosage to once per day

### **Additional Advice:**

- Refer to the Anti-inflammatory diet information for suggestions on how to improve current diet and reduce inflammation (aim to eat one source of protein and healthy fats with every meal).

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

**Good healthy (unsaturated) fat sources-** fatty fish (sardines, wild caught salmon), olives/olive oil, avocado, raw nuts (e.g. almonds, pistachios, cashews), seeds (e.g. pumpkin seeds, sunflower seeds, chia seeds, sesame seeds), tahini paste.

Where possible select organic, non- GMO or free range

- Ensure to get adequate rest and find time to enjoy a regular activity just for you
- Consider trying acupuncture again. Recommendation to follow
- Try to form a habit of drinking more water each day (approximately 1.5-2L p/day). The amount you need is based on your weight, environment and level of exertion so it is only a guide.
- Continue using herbal teas (lavender, chamomile, peppermint etc).

### **Follow up Consultation- approx. 4 weeks**

- Consider introducing **Lipoic Acid** (by Metagenics)- high strength Alpha Lipoic Acid which is a potent antioxidant and may assist to enhance ovarian function.

**Dosage:** Take 1 tablet once per day with food

- Consider additional Zinc and vitamin C supplement and mushroom complex and review current supplements
- Consider a saliva test for Progesterone levels
- Consider Vitex Castus Agnus herbal tincture in morning to increase progesterone
- Consider blood testing nutrient status of vitamins and minerals such as Zinc, Copper, Vitamin B12 and Folate