



Treatment Plan- Maria Cropp
09/11/2023

The following recommendations aim to address the main health concern you came to discuss which was to improve your mental health and associated symptoms.

Recommendations

Commence the following herbal tincture to support your nervous system.

Herbs included:

Oats- a gentle and nourishing herb which can assist with anxiety, mild depression and rebuilding and restoring nervous system function.

St John's Wort- mood stabilising and useful in mild to moderate depression.

Magnolia- reduces anxiety and useful in mild depression.

Dosage: 5 mls 1x per day after food for one week. Increase to 2x per day with food

Suggested Supplements:

Continue with **Mega Magnesium Night** (by Ethical Nutrients)- magnesium 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, a herb which assists with insomnia, excessive thinking and anxiety.

Dosage: One scoop with 200ml water once per day before bed (aim for 30 mins before bed)

OPTIONAL: consider using short term- **Metagen Methyl-Active** (by Metagenics)- this formula contains active B12 (vital for nervous system function and forming healthy red blood cells) & B6 (vital for making chemical messengers in the brain such as serotonin and dopamine) and activate folate.

Dosage: Take 1 capsule daily with food

Supporting Advice:

- Consider booking another psychologist appointment, either with the one recently recommended by your GP or with your trusted psychologist in NZ.
- Make an appointment with your GP to get a blood test to check the following: vitamin B12, Iron studies, thyroid function (TSH), vitamin D, liver & kidney function and full blood count.
- Continue your self-care practices as often as you can (reading, journaling, going to beach, breathing, exercise) particularly at this time.
- Avoid foods high in refined sugar (to avoid big fluctuations in blood sugar which can contribute to high and low moods).
- Increase water intake (approx. 2L p/day. The amount you need is based on your weight, environment and level of exertion so it is only a guide) to maintain good brain function.

Follow-up Appointment

It would be great to get you back for a follow up consultation in around 4 weeks. Let me know if you're interested and when suits and I'll book you in.

At this time, I suggest we look at the following:

- Review herbal tincture effectiveness and treatment plan above.
- Further discuss and investigate menstrual cycle irregularities.