



## Treatment Plan- Robyn Sedger

28/03/2025

The following recommendations aim to address the main focus of our consultation which was to assist in managing your chronic health conditions and reduce the side effects and impact of the medications you're currently taking.

### **Suggested Supplements (these can be ordered and commenced when you're ready or finished your current Magnesium and probiotics)**

**Enterocare (by Biomedica)**- a unique soothing and rebalancing formula for the gut containing prebiotics, probiotics, soluble fibre, glutamine and slippery elm. This formula assists in healing the lining of the gut, supporting the growth of healthy gut bacteria and relieving diarrhea.

**Dosage:** 1 teaspoon (5g) in water or sprinkled over food once per day. Take 2 hours away from other medication. Contains fibre therefore, ensure adequate intake of fluids.

**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 sleep disturbances, excessive thinking and anxiety and Lemon Balm, which relaxes the nervous system and also assists with sleep disturbances and anxiety.

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

### **Other Recommendations**

- Request the following tests to be included in your next blood test (some may already be on the list) lipid profile, folate, vitamin B12, vitamin D, electrolyte panel, iron studies, thyroid function.
- Consider an anti-inflammatory based diet (see attached information). The information contained is a guide and feel free to choose the parts that are easy to integrate into your current diet.
- Continue to make your self-care practices a regular part of your daily routine and a priority. Look at other simple ways (that resonate with you) to reduce stress and promote relaxation and happiness (e.g. a simple breathing exercise- breath in for 4 counts, hold for 4 counts and breath out for 4 counts or a guided meditation).
- Consider replacing current St Mary's Thistle supplement with some Dandelion Root tea (which can be obtained from a health food shop or I can order for you. Always aim for organic if possible).

- Aim to eat one protein source (nuts, seeds, legumes, eggs, tahini paste, chia seeds, fish and shellfish, lean meat) at each meal to assist in maintaining good muscle mass and to provide the body with sustained energy. Also aim to increase good fats in your diet. Monosaturated fats (considered good fat) are good for the heart, reducing inflammation and reducing cholesterol (olive oil, avocado, almond, pumpkin seeds) along with many other health benefits.
- Continue drinking plenty of water per day (approx. 2L p/day). The amount you need is based on your size, environment and level of exertion so it is a guide only. Adequate water intake helps to maintain good brain function, eliminate toxins and aids digestion. You may like to try some coconut milk which is a great natural source of electrolytes. You may also like to try adding some fresh lemon to water or having hot water with ginger (bruise ginger first).
- Consider a chamomile and passionflower tea at night. This may further assist in promoting restful sleep and reducing excessive thinking (chamomile can be found at any health shop or I can make you a blend).

### **Follow up Appointment**

It would be great to get you back for a follow up appointment in 2-4 weeks. At this time, we would review the current treatment plan and may also

### Future Considerations

- Review current treatment plan
- Review blood test results
- Provide guidance on how to better manage reflux to reduce need for Omeprazole