

Treatment Plan For: Kira Cranswixk

Date: 08/08/2025

Practitioner: Renee Dyson-Holland

PLAN: 08/08/25

Supps ~

- Omega 3 - NN
- Vit C - BioActive
- **Probiotics - BiomeHER**
- Pessary - Dr Wolf Lact & GROW *pause after next MC then collect test if needed*
- Iron - 2nd daily x 2 - take away from tea/coffee and dairy

New:

- **SaffroPEA - Take x 1 daily for now**
- Consideration: Adalase chewable
- Future consideration: BioHeme, Foraged for you, L-theanine (biomedica)

Diet: PP meals and trial of receipies + ferments

Testing: Rpt routine testing when next at GP

VMB - NutriPATH test to be arranged via dispensary please

Lifestyle: Renee to email you resouces on vaginal remedies & work with Julia

Follow up: 3-4 weeks

Renee Dyson-Holland

Naturopath

Adv Diploma Natural Medicine

NHAA No: 156453



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For any questions or to have your account set up for you, please contact our dispensary on 02 6685 6445 or at info@theremedyroom.com.au