



Treatment Plan- Emily Buchhorn

31/10/2025

The recommendations below are a continuation of the treatment plan we designed following your initial consultation.

Continued Treatment

- Herbal tea (Nettle and Rosehip)- 1-2tsp in 1 cup of boiling water. Cover and infuse for 10-20mins, strain
- **BioHeme** (by Biomedica)- 1 capsule every **second** day in the morning on an empty stomach
- **Clinical Lipids 2:1** (by Orthoplex)- 1 capsule daily with food

Suggested Additional Supplement:

- **Primal Energy Beef Liver Capsules** (by Ancestral Nutrition)- 100% grass fed beef liver in capsule form containing iron, vitamin B12 and folate. It also contains zinc, vitamin A, vitamin C, other B vitamins, amino acids and may assist with energy metabolism and strengthen the immune function.

Dosage: 2 capsules every **second** day with food (morning or lunch)

Follow-up Appointment

At your next consultation, I suggest we look at the following:

- Review treatment and dosages above and adjust if needed, depending on fatigue/energy levels
- Review results of blood tests
- Discuss most recent period, flow and any symptoms
- Review skin and current symptoms