



Treatment Plan- Marilyn Meredith
21/11/2025

The following recommendations aim to address the main focus of our consultation which was to assist in managing neuropathy pain in the legs, improving sleep and managing associated symptoms resulting from recently diagnosed COPD.

Suggested Supplement:

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

Dosage: 2 scoops in water, once per day (approx. 1 hour before bed)

Other Recommendations

- Continue applying magnesium cream as needed to manage the nerve pain in your shins. We can consider St John's Wort oil in its place if needed and the cream becomes ineffective.
- Consider PEA (Palmitoylethanolamide) for pain management when needed. PEA is a naturally occurring fatty acid amide found in the body and some foods. It has anti-inflammatory, neuroprotective and analgesic properties which can be beneficial in pain management, particularly related to nerves and joints.
- Aim to reintroduce some gentle daily exercise into your routine. This will assist in improving circulation and managing neuropathy and COPD symptoms.
- Aim for daily morning sunlight exposure (before 10am if possible). This will assist in boosting serotonin (the mood stabiliser), regulating your circadian rhythm and improving vitamin D levels. A gentle morning walk may be a great way to incorporate movement, sunlight and time outdoors.
- Consider other regular activities that bring you joy (e.g. gardening) and incorporate into your weekly routine.
- Maintain a healthy bedtime routine to improve sleep which may include:
 - Having a regular sleep time (where possible)
 - Trying to get to bed by 10pm
 - Ensuring daily sunlight exposure of 30-60mins (esp. morning sun, in conjunction with sunsmart practices)
 - Avoiding scheduling too many activities at night which may leave insufficient time to wind down
 - Stopping all activities that require concentration or cognitive behaviour at least 30mins before bedtime

- Consider a herbal tea at night (e.g. chamomile, passionflower, lavender, lemon balm). This may further assist in promoting restful sleep and reducing excessive thinking (aim for organic, even if it's a simple supermarket teabag or I have a sleep tea blend I can make for you).

Follow up Appointment

It would be great to get you back for a follow up appointment in 3-4 weeks. At this time, we would review the current treatment plan, supplements and presenting symptoms. We can also discuss COPD symptoms and support.

Future Considerations

- Have fasting blood glucose, TSH and lipid profile included in next blood test. Review cholesterol medication (in consultation with prescribing Doctor) following review of results and Ferritin levels
- Review anti-depressant medication and dosage in consultation with your prescribing Doctor
- Provide further nutrition advice (anti-inflammatory, wholefood, adequate protein, Omega 3)