

## INITIAL CONSULTATION REVIEW AND TREATMENT PLAN

### WITH COMPREHENSIVE GUIDE

9 May 2023

Dear Carlo,

DOB: 16/11/1978

Thank you for choosing Cindy Biccard Naturopathic Medicine to assist you with your health journey. I am delighted to be afforded the opportunity of working along with you in optimising your health, as you are always the driver behind your own health and vitality.

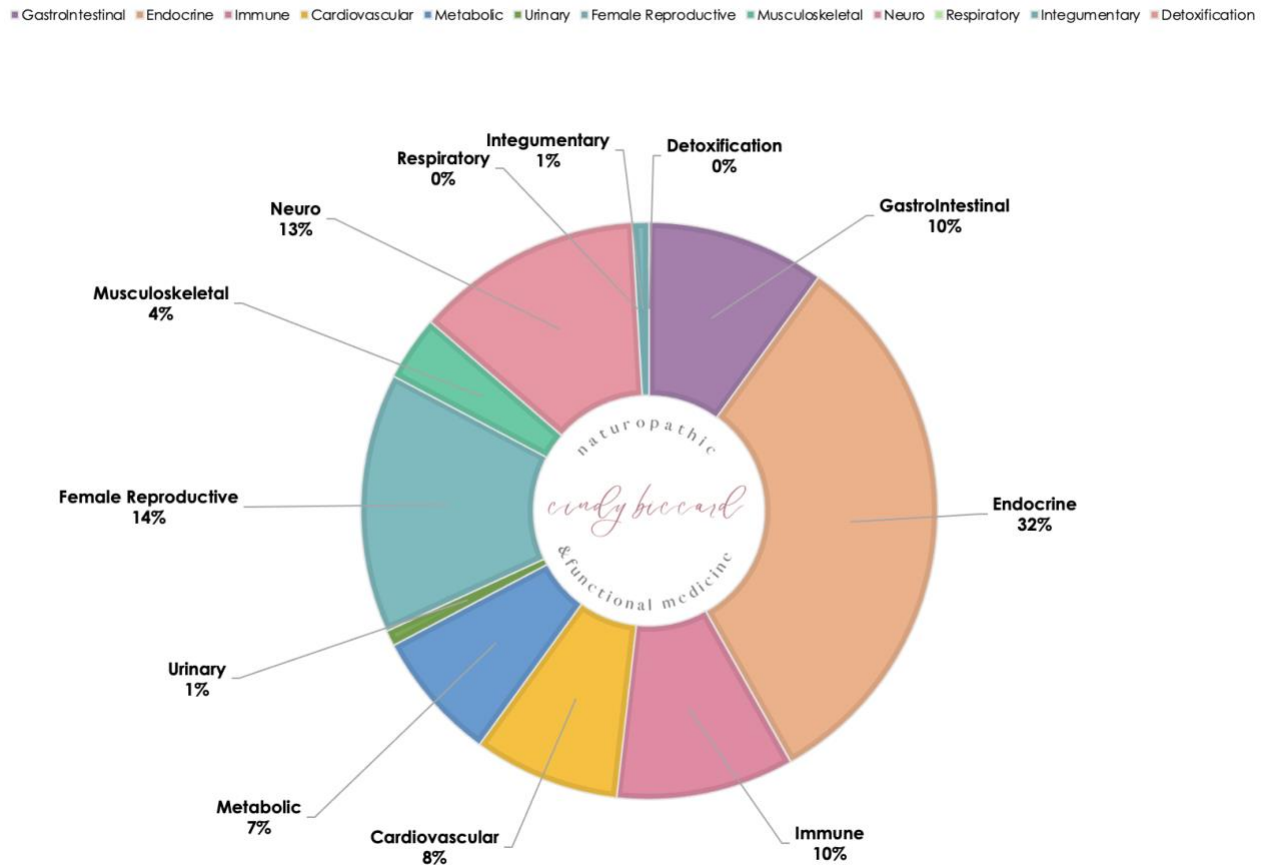
It is the role of a naturopath to guide patients through foundations principles to ensure that you are on board with the health initiatives and to take charge of your own health through education and informed decisions.

- ✍ **First, do no harm** revolves around treatment strategies – the aim is to stimulate the body in order for it to regulate itself in returning to good health. This may include herbal medicine, dietary changes, nutritional supplements, and lifestyle interventions.
- ✍ **Identifying and treating the cause** differentiates our holistic approach to health from a conventional approach. Although some symptoms may be alleviated through therapeutic strategies – it is the goal to identify the underlying causative factors and establish a treatment plan accordingly for the body to regulate itself.
- ✍ **Treat the whole person** encompasses the mechanisms of how our mind, body and spirit interacts in maintaining good health or how it creates disease. By focussing on our entire being – an overall increase in vitality may be achieved.
- ✍ **Understanding the healing power of nature ...** by understanding our place in Creation and the synergistic ecological role each one of us play in it, we can embrace nature, it's produce and the healing we may derive from it.
- ✍ **Exercise, movement, and lifestyle** as ways to prevent disease or to down-regulate inflammation and living life as optimally as we possibly can.
- ✍ **The physician as teacher** places a responsibility on a naturopath to educate patients with good health initiatives combined with research and evidence-based science in order for patients to become independent experts on their own health.

# CURRENT HEALTH PROFILE

Following your completed comprehensive assessment to determine your health priorities, the following areas were identified as concerns that need to be addressed:

## COMPREHENSIVE ASSESSMENT - ALL BODY SYSTEMS



### Priorities:

1. Endocrine System
2. Female Reproductive System
3. Gastrointestinal / Immune (GALT)

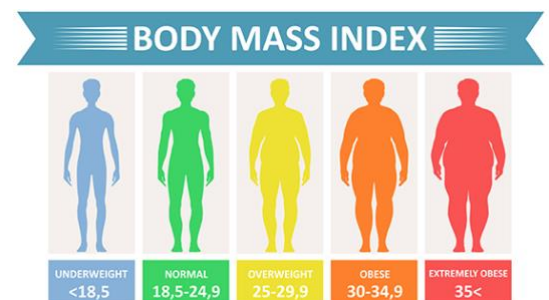
### Patient's treatment requirements:

1. "Thyroid"
2. "Hormone balance" for overall weight management of healthy weight.

### BMI (Body Mass Index)

26.6

Comments: Increased risk for Cardiometabolic dysfunction



## Current Medication

### **Eutroxsig – 100micrograms**

Therapeutic Class: Thyroid hormones & anti-thyroid agents

Recorded Adverse Effects (eMIMS): Thyrotoxic symptoms incl CV (e.g., tachycardia, angina, MI), CNS (e.g., irritability, tremor, headache, sleep disturbance, psychosis), GI, metabolic (e.g., fever, glucose/ temp intolerance, weight loss), skin (e.g., warmth, hyperhidrosis, alopecia), respiratory (e.g., dyspnoea), neuromuscular (e.g., myopathy), reproductive (e.g., menstrual irregularity, decreased libido), endocrine (e.g., hyperthyroidism).

### **Antihistamines**

Nutrient lost: Melatonin

Potential adverse condition: Insomnia, depression, growth hormone deficiency, blood sugar changes and long-term use has been associated with decreased protection against cancer and accelerated aging.

### **Aspirin / Nurofen**

Nutrients lost: Vitamin B9 (Folic acid), Vitamin B5, Vitamin C, Calcium, Iron, Sodium, Potassium.

Potential Adverse conditions: Anaemia (tiredness, weakness), birth defects, abnormal growth of the cervix, increased homocysteine levels which may help contribute to cardiovascular disease, hair loss; Problems with the skin, intestinal and nervous systems; Weakened immune system (increased susceptibility to infections and decreased ability to fight off infections), decreased protection against cancer and aging; High blood pressure, thinning and weakening of the bones, muscle cramps, tooth decay, muscle pain, insomnia; Anaemia (weakness, tiredness), decreased immune function and slow wound healing; Muscle weakness, poor concentration, fatigue, dizziness, nervous disorders, thirst; Tiredness, oedema, abnormal heartbeat and blood pressure, mental confusion, dizziness, muscle weakness.

# TREATMENT AIMS AND STRATEGIES

## Short term treatment aims and strategies:

- ♥ Support Thyroid function through nutritional changes, environmental and lifestyle changes + Nutrigenomic intervention.
- ♥ Improve mucosal layer of the gastrointestinal tract for alleviation of immune reactions such as sinus infections. This may be achieved through Nutrigenomic Collagen Peptides.
- ♥ Support gall bladder and liver for optimal fat digestion and liver clearance and detoxification. A herbal formula for digestion has been provided at the consultation.
- ♥ Support microbiome for improved biodiversity of beneficial flora – this may be achieved through Nutrigenomic intervention and a diet rich in phytochemicals, pre-and probiotic foods and fibre rich foods.

## Long term treatment aims:

- ♥ Improved weight loss and management thereof through hormone balancing strategies.
- ♥ Improved thyroid function to improve energy levels.
- ♥ Achieve good sleep onset and maintenance for down-regulation of inflammation.

## Further investigations recommended

### Blood pathology:

Full Blood Exam	<input checked="" type="checkbox"/>	hsCRP	<input checked="" type="checkbox"/>	LDH	<input checked="" type="checkbox"/>
Creatine Kinase	<input checked="" type="checkbox"/>	Corrected calcium	<input checked="" type="checkbox"/>	Phosphate	<input checked="" type="checkbox"/>
UEC	<input checked="" type="checkbox"/>	Urate	<input checked="" type="checkbox"/>	Magnesium	<input checked="" type="checkbox"/>
Lipids (incl. HDL)	<input checked="" type="checkbox"/>	Lipase	<input checked="" type="checkbox"/>	Amylase	<input checked="" type="checkbox"/>
LFT's (incl. AST)	<input checked="" type="checkbox"/>	Fasting Glucose	<input checked="" type="checkbox"/>	Iron Studies	<input checked="" type="checkbox"/>
Vitamin D	<input checked="" type="checkbox"/>	TSH / FT3 / FT4	<input checked="" type="checkbox"/>	Hba1c	<input checked="" type="checkbox"/>

You may ask your GP to have these tests done and be bulk billed OR you could have this tested privately through a Functional pathology lab and carry the expense. If you choose to do this privately, please advise your practitioner in order to receive a referral form. The doctor I mentioned to you was [Dr Ajit Calais](#), from Kallangur Family Practice.

### Other:

- Ultrasound of thyroid – experiencing pain when swallowing and swollen lymph nodes.

## LIFESTYLE RECOMMENDATIONS

You have sought assistance for your Thyroid and the balancing of your hormones. The following lifestyle recommendations may assist in you achieving your health goals.

### Physical Activity

- ☐ Walking 20-30 minutes at least 5 times a week.
- ☐ Pilates exercises – strengthening the core muscles instead of High Intensity Interval Training that may not be beneficial for your current adrenal status.
- ☐ [Legs against the wall](#)
- ☐ 10 minutes maximum of rebounding exercise 2 times per week as cardiovascular exercise and lymph stimulator 😊

### Stress Management

- ☐ Mindful Breathing Technique – sitting in an upright position and relaxed, take a deep breath in through your nostrils and keep it for 5 seconds, then slowly breath out through your nostrils. You may repeat this 5 times for improved relaxation and supporting your parasympathetic nervous system.
- ☐ [Legs against the wall](#)
- ☐ Massage – enjoy a good massage once a week or fortnight for some relaxation and the release of endorphins.
- ☐ Relax with music that you like – even enjoy a bit of dancing 😊
- ☐ Sauna
- ☐ Take a magnesium (1 cup of Epson salts) bath and soak – no more than 20 minutes. You may enjoy some calming essential oils such as Lemon balm (5 drops) and Lavender (5 drops) that has been emulsified in a cup of milk, that you can add to your bath for a relaxing bath. This will work great before you go to bed at night to assist in sleep onset and maintenance.

### Connect with nature

- ☐ Gardening
- ☐ Forest bathing
- ☐ Hiking
- ☐ Feeding birds
- ☐ Bird watching

### Creativity

Be creative in activities such as:

- ☐ Colouring
- ☐ Painting
- ☐ Woodworking
- ☐ Knitting

- ☐ Scrapbooking
- ☐ Sewing
- ☐ Art Therapy through a qualified therapist

#### Oral Health

- ☐ [Oil Pulling](#) with coconut oil + essential oils such as peppermint, clove and cinnamon.
- ☐ Non-fluoridated toothpaste such as Grants (You may find this in Woolworths and Coles 😊). Fluoride is an antagonist to iodine absorption.

#### Reduce environmental toxic exposure:

Environmental toxic exposure may lead to endocrine disruption and a causative factor to various disorders such as depletion of energy, weight gain, autoimmune conditions, neurodegenerative diseases and cancer. The following links are there for educational purposes to reduce exposure:

[Phthalates](#)

[Skin care and personal body products](#)

[Plastic products](#)

[Cleaning products](#)

[Cookware](#)

[Tips on Performing an Environmental Toxic Cleanse](#)

[Tap water](#) and [Bottled Water Risks](#)

[Microwave usage](#)

["7 Thyroid damagers hiding out in your home"](#) ❤️ ❤️ ❤️

# DIETARY RECOMMENDATIONS

## Functional Food Pyramid

Dietary Habits + Lifestyle habits = Health & Vitality



### Serving sizes



Vegetables  
2 handfuls



Starchy Vegetables  
1 handful



Protein  
1 palm



Fruit  
1 palm



Oil/Ghee  
1 thumb



Family, friends and  
community



Quality sun  
Exposure



Quality Sleep  
Routine



Regular  
Exercise



Spiritual  
Wellbeing

## FUNCTIONAL FOOD AS MEDICINE



### Hydration

Being hydrated assists the body to 'flush' toxins, improves metabolism, promotes satiety and assists the body in having an improved stress response.

☐ Filtered water – Amount: 1500mL per day.

☐ Herbal teas: ☐ Elderberry & Echinacea ☐ Mint ☐ Fennel ☐ Lemongrass & Ginger ☐ Chamomile  
☐ Cinnamon ☐ Ginger ☐ Licorice ☐ Apple & Cinnamon ☐ Womankind

\* These teas are from the Pukka Organic range and serves as a guideline only.

\* Add a slice of lemon or lime for a hint of natural flavour to your water

\* In general, darker-yellow urine is an indication that there is a need for more water (except when the darker colour is due to B-vitamins 😊), clear urine and increased trips to the toilet may indicate over-hydration.

☐ Avoid over consumption of coffee – enjoy one good quality cup per day from organic roasted beans with no sugar 😊 Coffee is not a hydrator – in fact, too many can dehydrate you.

### Protein sources

Proteins are the building blocks of life – once digested they become amino acids, to repair cells and create new ones, support muscle growth, maintain muscle mass, support the immune system, and assists in the regulation of blood sugar levels, which increases satiety. Choosing protein should predominantly be organic, grass-fed, free-range, wild caught – they are lower (or no) in toxins such as genetically modified grain-fed, hormone treatments, antibiotic treatments. They are higher in anti-inflammatory omega-3 fats.

Animal protein are the most bioavailable for humans due to our similar cell structure. These include:

- ☐ Lamb
- ☐ Chicken
- ☐ Beef
- ☐ Kangaroo
- ☐ Turkey
- ☐ Eggs
- ☐ Fish (SMASH – salmon, mackerel, anchovies, sardines and herring). These fish have been linked to higher anti-inflammatory omega-3 levels and lower toxic mercury poisoning.

Proteins from legumes, such as beans and lentils contain both complex carbohydrates, protein and quality fibre, but lack in healthy fats. They lack a complete set of essential amino acids, which can be obtained if they are mixed with quality animal protein.

### Healthy Fat sources

Anti-inflammatory fats that are minimally processed and high in omega-3 fatty acids are essential for creating energy and needed for the maintenance of every cell in the body. A minimum of 4 servings per day are suggested and in small amounts. The following are sources of healthy fats:

- ☐ Avocados
- ☐ Butter & ghee – may also be a source of natural vitamin K that help absorb Vit D for bone density
- ☐ Extra Virgin Olive Oil – only when using for low heat and mostly as salad dressing
- ☐ Fatty Fish – high in anti-inflammatory omega-3
- ☐ Nuts and seeds – full of minerals and fibre – only small amounts needed (handful per day)
- ☐ Eggs – pasture fed only
- ☐ Grass-fed, organic beef
- ☐ Full-fat dairy – organic and unhomogenised milk, yoghurt, hard cheeses such as Gouda and cheddar
- ☐ MCT oil
- ☐ Dairy alternatives: Almond, Rice, Coconut and Macadamia milk – preferably organic to avoid exposures to toxins such as BPA and sugar-free.

## Fibre

There are two types of dietary fibre that is essential to be consumed daily at around **25 grams for females** and **38 grams for men**. Dietary fibre from unprocessed whole foods are divided into two types:

Insoluble fibre: This serves as a 'bottle brush' in the intestines, clearing the wastes from the digestive tract and assisting with a complete evacuation. These are mostly found in the outer coat of vegetables and whole grain (Quinoa, Rolled and steel-cut oats).

Soluble fibre: This type of fibre attracts water, swells and creates a gel-like mass that slows down digestion to keep you feeling fuller for longer, it traps toxins so that the body can effectively excrete them and provides "food" (a prebiotic) to your commensal (healthy) bacteria to support the immune system, down-regulate inflammation and create 'vitamins' such as Vitamin K in the large intestine as well as regulate blood glucose levels. Foods high in soluble fibre are:

- Oat bran (organic and gluten free)
- Barley
- Nuts
- Seeds
- Beans
- Lentils
- Peas
- Certain fruits: guavas, apples, nectarines, pears, avocados and apricots
- Vegetables: include Brussels sprouts, sweet potatoes, broccoli, carrots and turnips
- Psyllium husk
- Slippery elm
- Chia seeds (also great for healthy fats)

## Phytochemicals (Vegetables & Fruit)

When purchasing vegetables and fruit it is essential that we try and avoid as much toxicity that comes through the pesticides sprayed. This [American Guide](#) is similar to ours in Australia and is helpful in making decisions when we cannot find organic produce. Shopping locally at farmer's markets from non-sprayed items, supports our liver more effectively, as it doesn't place an additional burden on detoxification pathways.

Aim to eat 600g of non-starchy vegetables per day from a variety of colours – "Eat the Rainbow". Fruit should be considered a treat, as it does contain fructose and in high amounts may cause you to struggle in maintaining your healthy weight goals. **When eating fruit, consume this after protein or fat as to avoid a 'spike' in insulin, which will make it challenging to maintain a healthy weight.**

## Phytonutrient foods – ‘Eat-the-Rainbow’

The following are a list of vegetables and fruit – your practitioner has marked the ones that is recommended to you at this stage of your healing journey. This list may be amended as the integrity of your GIT improves and the current inflammation has been downregulated, where you can enjoy a larger portion of the produce and can tolerate it without any discomfort or pain.

RED					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Cherries	<input type="checkbox"/> Onions (p)	<input type="checkbox"/> Raspberries	<b>Benefits</b>	
<input type="checkbox"/> Beets	<input type="checkbox"/> Grapefruit (pink)	<input type="checkbox"/> Plums	<input type="checkbox"/> Strawberries	Anti-bacterial	Brain health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Goji Berries	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Rhubarb	Anti-cancer	Cell protection
<input type="checkbox"/> Cranberries	<input type="checkbox"/> Grapes	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Rooibos tea	Anti-inflammatory	Heart health
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Guava (p)	<input type="checkbox"/> Radishes	<input type="checkbox"/> Tomato (p)	Blood circulation	Prostate health
ORANGE					
<input type="checkbox"/> Apricots	<input type="checkbox"/> Mango	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Turmeric root	<b>Benefits</b>	
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Nectarine	<input type="checkbox"/> Pumpkin		Anti-inflammatory	Cell protection
<input type="checkbox"/> Rockmelon	<input type="checkbox"/> Orange	<input type="checkbox"/> Sweet potato		Blood circulation	Heart health
<input type="checkbox"/> Carrots	<input type="checkbox"/> Pawpaw	<input type="checkbox"/> Tangerine		Brain health	Reproductive health
YELLOW					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Corn	<input type="checkbox"/> Passionfruit		<b>Benefits</b>	
<input type="checkbox"/> Pears (p)	<input type="checkbox"/> Ginger root	<input type="checkbox"/> Pineapple		Anti-inflammatory	Eye health
<input type="checkbox"/> Banana (p)	<input type="checkbox"/> Jackfruit	<input type="checkbox"/> Plantain		Cell protection	Heart health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Lemon	<input type="checkbox"/> Summer squash		Digestive health	Immune health
GREEN					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Broccoli (steamed)	<input type="checkbox"/> Green peas	<input type="checkbox"/> Pears	<b>Benefits</b>	
<input type="checkbox"/> Artichoke (p)	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Green tea	<input type="checkbox"/> Peppers	Anti-cancer	Cell protection
<input type="checkbox"/> Asparagus (p)	(steamed)	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Rocket	Anti-inflammatory	Digestive health
<input type="checkbox"/> Avocado (p)	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Limes	<input type="checkbox"/> Spinach (cooked)	Blood circulation	Heart health
<input type="checkbox"/> Bean sprouts	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Leeks (p)	<input type="checkbox"/> Swiss chard	Bone health	Liver health
<input type="checkbox"/> Bitter melon	<input type="checkbox"/> Celery	<input type="checkbox"/> Okra	<input type="checkbox"/> Snow peas	Brain health	
<input type="checkbox"/> Bok choy	<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Olives	<input type="checkbox"/> Zucchini		
	<input type="checkbox"/> Green beans				
BLUE / PURPLE / BLACK					
<input type="checkbox"/> Berries	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Plums	<input type="checkbox"/> Raisins	<b>Benefits</b>	
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Figs	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Rice (black or purple)	Anti-inflammatory	Cell protection
<input type="checkbox"/> Carrots	<input type="checkbox"/> Grapes	<input type="checkbox"/> Potatoes		Blood circulation	Digestive health
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Olives (p)	<input type="checkbox"/> Prunes		Bone health	Heart health
				Brain health	Liver health
WHITE / TAN / BROWN					
<input type="checkbox"/> Apples	<input type="checkbox"/> Garlic (p)	<input type="checkbox"/> Nuts: almonds, cashews, pecans, walnuts, macadamias, Brazil nuts	<input type="checkbox"/> Seeds: Flax, Hemp, Pumpkin, Sesame, Sunflower	<b>Benefits</b>	
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Ginger		<input type="checkbox"/> Turnips	Anti-cancer	Cell protection
<input type="checkbox"/> Cacao (p)	<input type="checkbox"/> Chickpeas		<input type="checkbox"/> Wholegrains: Oats (p), Brown rice (p), Quinoa (p), Rye, Spelt	Anti-inflammatory	Digestive health
<input type="checkbox"/> Coconut	<input type="checkbox"/> Lentils (p)			Blood circulation	Heart health
<input type="checkbox"/> Coffee	<input type="checkbox"/> Lychee			Bone health	Immune health
<input type="checkbox"/> Dates	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Onions (p)		Brain health	Metabolic health
<input type="checkbox"/> Pears	<input type="checkbox"/> Tahini	<input type="checkbox"/> Shallots			

\* This is a modified version of the Phytonutrient Spectrum Foods derived from The Institute of Functional Medicine ®

(p) Prebiotic Food – see next page

## Pre-and Probiotic Foods

Our human gut microbiome, which forms a complex ecosystem consists of trillions of microbes. A microbiome that is dysregulated and not consisting of optimal commensal bacteria (good bacteria), have been linked to several disorders that include:

IBS (irritable bowel syndrome)	Infectious diarrhoea
intestinal permeability issues (leaky gut)	Coeliac disease
SIBO (Small Intestinal Bacterial Overgrowth)	Respiratory infections
Allergies	Thyroid disorders
Joint pain	Autoimmune conditions
Gastric ulcers	Parkinson's disease
Inflammatory bowel diseases such as Crohn's and	Chronic inflammatory conditions such as arthritis
Ulcerative colitis	Chronic fatigue syndrome
Cardiometabolic diseases (fatty liver, type II diabetes,	Inflammatory Skin Conditions
heart disease)	Mood Issues and Autism

Foods that promote inflammation and disrupt the microbiome:

- ⊗ Refined vegetable oils (canola, corn, soybeans, sunflower)
- ⊗ Pasteurised dairy products (where you can\*)
- ⊗ Refined carbohydrates and too many grains
- ⊗ Conventional meat, poultry and eggs – due to cheap inflammatory feed ingredients
- ⊗ Trans fats (used in processed foods and fried foods)
- ⊗ Sugar (packaged snacks, breads, condiments, canned items, cereal, sodas)
- ⊗ Antibiotics

**Prebiotic foods** serves as a '**feed**' for probiotic bacteria (commensal bacteria) and assists in the proliferation of them within the gastrointestinal lining. *Prebiotic foods has been marked (p) on the previous page.*

**Probiotic foods** that are usually derived from a fermentation process (cultured food) and **contain various strains of probiotics** that may be beneficial for you. **The following foods are known to be probiotic.** Your practitioner may recommend them if you have achieved an optimal state of GIT integrity in your protocol. If probiotics are included in your diet too early during a dysregulated phase, you may experience discomfort, pain, loose stools and gastric spasms. *Links have been included to learn more about it and get recipes on how to make it.*

- |   |   |
|---|---|
| <input type="checkbox"/> <a href="#">Milk kefir</a> (ki-fear) | <input type="checkbox"/> <a href="#">Sauerkraut</a> (bought refrigerated) |
| <input type="checkbox"/> <a href="#">Yoghurt</a>              | <input type="checkbox"/> <a href="#">Kimchi</a>                           |
| <input type="checkbox"/> <a href="#">Water kefir</a>          | <input type="checkbox"/> <a href="#">Traditional buttermilk</a>           |

Example meals and snacks to navigate you on healthy options:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>BREAKFAST</b>	<a href="#">Farmer's Market Frittata</a>	<a href="#">Simple Savory Chicken Patties</a>	<a href="#">Smoked Salmon Low Carb Bagels</a>	<a href="#">Dr Brukner's Muesli</a> with yoghurt	<a href="#">Veggie Muffins</a>
<b>SNACKS</b>	<a href="#">Overnight Chocolate Chia Seed Pudding</a>	<a href="#">Berries &amp; Cream Smoothie</a>	<a href="#">Simple Fennel Citrus Salad</a>	Marinated olives	Greek yoghurt with blackberries
<b>LUNCH</b>	<a href="#">Warm Veggie Salad with almonds</a>	<a href="#">Buddha Boost Bowl</a>	<a href="#">Broccoli Cheese Soup</a>	<a href="#">Scrambled eggs with Salmon &amp; Avo</a>	<a href="#">Garden Pesto Chicken 'Pasta'</a>
<b>SNACKS</b>	<a href="#">Chocolate bark</a>	<a href="#">Easy Date Protein Balls</a>	<a href="#">Hummus with celery &amp; carrot sticks</a>	Roasted nuts	Chocolate bark
<b>DINNER</b>	<a href="#">Miso-glazed salmon &amp; veggies</a>	<a href="#">Baked Chicken Drumsticks</a>	<a href="#">Saucy Moroccan Lamb</a>	<a href="#">Zippy Zoodle Bolognese</a>	<a href="#">One-Pan Beef &amp; Broccoli</a>

I briefly mentioned my green smoothie to you – here is my recipe which is nutrient dense and keeps my satiety levels in check:

½ cup [milk kefir](#) – I personally love the mango flavour that you can purchase from Woollies or Coles

½ cup iced cubes

½ cup frozen organic blueberries, mixed berries or mango

1 scoop of [Greens Powder](#) (my personal favourite)

You can add a bit of cooled down rooibos tea or water to make it a bit runnier if you'd like – depends on how you prefer your smoothies 😊

Blitz this together in a blender and consume ❤️

## PERSONALISED PRESCRIPTION PLANNER

### ACCORDING TO YOUR HEALTH GOALS

The following products have been chosen by your practitioner to assist you with achieving your health goals. This prescription has been prepared on: **9 May 2023** and will be assessed at your follow-up consultation in 5 weeks' time **Tuesday, 13 June 2023** (recommended).

Product	Rationale & Comments
Cell Logic Dr Soup 6 Pack Sachets  Day 1, 2 & 3	This is prescribed to induce an accelerated response to weight loss. You may want to use this for 3 days at 2-3 sachets per day. To add some 'meaty' flavour, you can also add a scoop of bone broth from Nutra Organics (on Osborne Health Supplies' website).
<b>Integra Nutritionals</b> <u>GeneActive Formulation D</u>  Dosage: Week 1: one capsule in the morning Week 2: one capsule in the morning and 1 in the evening – 12 hours apart. Week 3: 2 capsules in the morning and 2 capsules in the evening – 12 hours apart.	<ul style="list-style-type: none"> <li>♥ Activates key enzymes that support liver health and remove cellular wastes.</li> <li>♥ Support cellular defences within the body.</li> <li>♥ Reduces cellular oxidative stress.</li> <li>♥ Support cellular antioxidant enzyme defences.</li> </ul> You may consume this 15 minutes before consuming food to ensure optimal absorption for therapeutic usage OR 2 hours after food.
<b>Integra Nutritionals</b> Bovine Collagen Peptides  Dosage: 1 scoop per day.	<ul style="list-style-type: none"> <li>♥ Assists the goblet cells lining the digestive tract to assist with immune support as well as down-regulating pathogenic activity and inflammation.</li> </ul> You may enjoy 1 scoop per day in a coffee, soup or smoothie.
<b>Integra Nutritionals</b> Gemmune IB  Dosage: 1 capsule twice daily – you can take this with your GFD. <b>You can start this in Week 3 only once you reach the 2 capsules of GFD twice per day.</b>	<ul style="list-style-type: none"> <li>♥ Enhance immune defences.</li> <li>♥ Relieve inflammation and maintain blood vessel health.</li> <li>♥ Maintain circulation and increase cognitive performance.</li> <li>♥ Aids in carbohydrate metabolism.</li> <li>♥ Supports thyroid function.</li> </ul>

**End of report.**