

## Treatment Plan

**For:** Elizabeth Hunt

**Date:** 17/10/23

**Your goals:** "Create a plan for recovery for c-section, and resolving iron deficiency"

### Summary of key focus areas issues identified/discussed (at this stage):

1. Change current prenatal and iron supplements to better quality forms, and add in those specific nutrients I feel are missing (eg. adequate DHA, choline, Vit D, zinc)

2. Devise a comprehensive postpartum recovery protocol; short term (first 8 wks) and longer term (first ~12+wks)

- enhanced multi-tissue healing
- rebuilding micronutrients from pregnancy and caesarean birth
- restoring both gut and breastmilk microbiome after IV antibiotics with caesarean
- support blood loss recovery and iron stores
- support breastmilk production and quality
- reduce excessive inflammation in the body
- support the immune system throughout recovery
- support overall maternal physical and mental health

Postpartum diet inclusions:

- protein-rich foods (with a focus on animal proteins) with meals and snacks
- collagen-rich foods (slow cooked meats on bones, bone broth, collagen powder)

Longer term postpartum focus areas:

- Review/test full thyroid function after 3-4 months postpartum recalibration
- Review/test nutrient levels eg. iron studies, vitamin B12, vitamin D etc
- Review digestion/gut function after pregnancy
- Review physical and mental health - support nervous system?

## 1. Changes and additions to prenatal/breastfeeding/postpartum supplements:

<i>Product</i>	<i>Why I've prescribed it</i>	<i>Dosage instructions</i>
Pure Natal	Practitioner-grade 'Preg/BF multi'	1 cap, 1 x day in AM with food. Continue for at least 12 weeks.
DHA & Choline	Complements Pure Natal, additional DHA & choline for both maternal and baby's brain	2 caps, 2 x day, AM & PM with food. Continue for at least 12 weeks.
Bio Heme	Practitioner-grade iron supp to replace Maltofer, support iron stores and replenishment after birth	1 cap, 1 x day with lunch (away from tea/coffee). Continue for at least 12 weeks.
D3 + K2 Spray	Complements Pure Natal, higher needs in pregnancy & BF	Shake, then pump 1 spray into mouth, 1 x day before food. Continue for at least 12 weeks.
Ultra Flora Mother & Baby	Preg & BF specific probiotic strain ( <i>Lactobacillus rhamnosus</i> ) to support maternal and baby's immune system and microbiome development	1 cap, 2 day for the first 4 weeks postpartum, then 1 capsule per day. Take before food. Continue for at least 12 weeks.

## 2. Recovery protocol for repair, recuperation and remodelling (short-term, 8 weeks)

<i>Product</i>	<i>Why I've prescribed it</i>	<i>Dosage instructions</i>
Biome Advanced Probiotic	A combo of 6 specific probiotic strains to support microbiome recovery after IV antibiotics	1 cap, with or without meals until the pack is finished (4 weeks). If taking any additional oral antibiotics, separate dose from antibiotics by at least 2 hours. May be taken at same time as Ultra Flora Mother & Baby (see above)
Tissue Regenex	Supports tissue healing and skin regeneration, reduces free radicals formation, supports collagen formation, wound healing, immune function and healthy micro vasculature and blood circulation.	1 tablet, AM & PM with food. Continue for 8 weeks.
Tri-Zinc Supreme	Provides 3 forms of zinc to support optimal wound healing throughout body, and supports immunity.	1 cap, with dinner. Do not take on an empty stomach. Continue for 8 weeks.
Whole Body Collagen	100% bioactive collagen peptides for tissue building, repair of muscle, collagen matrix stimulation and bone maintenance.	1 scoop (12.5 g) 1-2 x daily in water. Also dissolves well in liquids (smoothies, soups, yoghurt). Continue for minimum 8 weeks.
Ultimate Vitamin C & Bioflavonoids	High potency vit C powder with quercetin + citrus bioflavonoids to support collagen formation, wound healing, immunity and relieve inflammation.	1 teaspoon (5 g) once daily in water. Continue until finished (8 weeks).

## Follow up

Around the 8-12 week postpartum mark, please book in for a [First Follow-Up Consultation](#).

Here we can assess your overall postpartum health, review your protocols, arrange postpartum nutrient testing (eg. iron, vit D, vit B12), discuss/arrange functional thyroid testing, and review your digestion/gut function.

I also suggest you get reviewed by a women's pelvic floor physio sometime within the first 3-4 months after the birth. You don't need a referral, but I would ensure they specialise in pelvic floor health. This is recommended regardless of type of births you have. In your case, carrying 2 'big babies' and being 'classified' as an \*older mum\* also comes into play.

If you have any questions around your treatment plan, please get in touch by email anytime.