

Patient Name: Lauren Fitzgerald

Date: 07/02/2024

Practitioner: Kathryn Moloney
hello@fertilityandbeyond.co

Next visit: Please book a follow-up appt for early March:
[Book here](#)

Herbal Prescription/Supplements	Breakfast	Lunch	Dinner	Bed
Bioactive B-Complex (60) Support general and nervous system health	1			
Adrestore (60) Reduce stress, improve energy and restore adrenal glands	1			1
Saffromind (60) Improve, deepen sleep plus supports healthy mood balance				2
MediMag Sleep Reduce stress and support healthy sleep				2 scoops
Take as needed				
Anxioton (60) - take in March + April also Reduce stress + anxiety	2		2	
Take in March + April				
Adrenal Complex (60) - bring back if going down to 5-6/10 Restore adrenal glands	2		1	

Always take supplements with meals (never on an empty stomach unless instructed)

Lunchtime supplements may be taken in the morning if preferred

SUMMARY + TREATMENT AIMS

- Restore adrenal health
- *Reduce stress and anxiety*
- *Increase energy to 7/10*
- *Improve sleep*
- AIM: work on other systems of the body after improving energy levels - in March

ORDERING SUPPLEMENTS

Your supplements have been prescribed for you in your account on vital.ly

RECOMMENDATIONS

- Try Fleurieu exercise physiology
- 2 x long walks per week
- Go to bed at 9 pm to continue to support adrenal restoration
- 7:30-8:30 time with Bo
- Continue with your restful lifestyle - Mum + Aunty come once per week to be with the kids
 - Baths and meditation
- Walk swaps with your kid's friends + beach swims
- Lay down as much as you can
- 2 hours per day to yourself during your week away
- Eat protein at every meal and for snacks
- Pill boxes help with compliance for taking supplements: <https://www.buyorganicsonline.com.au/surgical-basics-pill-box-weekly-planner-removable-large/>
- Be mindful of the busy times in the year - March, April,
 - Continue saying no to things

OUR PLAN

- To support and repair your nervous system and adrenal glands
- Please order and take the supplements recommended
- You may book your return consultation on this link: [Book here](#)

Additional information relevant to optimising your treatment outcomes:

If you need to contact me, please email kathryn@fertilityandbeyond.co

- I apologise for any delay in replies to emails. I prioritise face-to-face patient time and endeavour to reply to emails within one week.
- in the interests of the best treatment outcomes for you, emails are reserved for brief questions from your consult or to address pre-arranged follow-ups.
- please note changes to your prescription and consideration of new information relevant to your circumstances will require an appointment and generally cannot be reviewed via email.
- if you are trying to conceive and achieve a positive pregnancy test, please let me know and book a call to discuss
- this prescription. This is only for the duration of time until your recommended review consult, as individual requirements change and reassessment of your needs may be required. I do not recommend self-prescribing for your safety and to maintain prescription efficacy.
- Please note you should not take these supplements in conjunction with other OTC supplements due to the risk of overdosing on certain nutrients. You can safely take the supplements with other superfoods. If you are taking prescription medications, please check with your Doctor for interactions.
- The supplements, medicines and recommendations listed here are a suggestion only, and the client decides whether to take them. Kathryn Moloney takes no responsibility for damages caused by taking anything recommended.