



Vera Dahlstrom &lt;restoringvitality1@gmail.com&gt;

## Results of Tests

2 messages

**Pattie Jeffers** <pattiejeffers@yahoo.com.au>

Mon, Feb 19, 2024 at 8:31 AM

To: Restoring Vitality Naturopathic Clinic &lt;restoringvitality1@gmail.com&gt;

Hi Vera,

I hope you had a good holiday and the heavy rains haven't left you washed out.

Finally I have managed to get most of the tests organised that you suggested. My doctor is still not keen on sending me to a dermatologist for my hands but he came through on everything else.

Kidneys: did a urine test and kidneys appear fine

sleep test: 4 episodes an hour (less than 5 is normal), therefore no sleep apnoea

constant bleeding if I don't take a strong dose of the pill: ultrasound scan showed 4 large fibroids, one pressing on the endometrium, which would cause the bleeding. Options given by doctor: full hysterectomy + HRT or carry on taking the pill. Chose the pill.

On the belly upsets have gone almost completely fruit free, except for the occasional goji berry. Helped a lot. Also, I think the bicarb of soda in my buckwheat pancakes has been giving me wind and diarrhoea. Forgot to put it in last week and belly was good. Felt really ill yesterday when ate a pancake with it in. Have made more pancakes without.

When I had that OLE poisoning I stopped taking all my supplements and stopped eating just about everything. Am slowly adding things back in. Seem to be just fine without most things but if there is something that is crucial (like the zinc) then please let me know and I will add it in next.

If this counts as a consultation then send me an invoice, I would be happy to pay it, or we can organise a time for a proper chat??

Many thanks,  
Pattie

**Vera Dahlstrom** <restoringvitality1@gmail.com>

Wed, Feb 21, 2024 at 12:20 PM

To: Pattie Jeffers &lt;pattiejeffers@yahoo.com.au&gt;

Hi Pattie,

Thank you for the update.

Good on you for getting the tests done. Good to rule the sleep apnea out.

Glad stopping the sugar has helped.

Regarding the zinc - I would go back to a lower dose zinc. According to more recent research, taking over 30mg / day will interfere with zinc absorption. Taking a 25 or 30mg dose twice a week is the new recommendation.

Sounds like you are travelling along okay with your health. Fibroids will often disappear after menopause, but they may be ongoing due to exposure of hormones from the pill. If this is something you want to work on we can arrange an appointment.

If you have other concerns we can also arrange an appointment.

Warm regards,  
Vera

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