

Treatment Plan for OLIVA MARCINKOWSKI

Date : 05.07.24



Patient Health Priorities : Improve energy. Reduce respiratory issues.

Timeline :

Short term

- Improve energy by optimising nutrition and energy intake, and regulating blood glucose levels through dietary strategies
- Reduce respiratory issues by supporting the respiratory system using herbal medicine
- Improve sleep by supporting the nervous system, reducing nausea, and regulating circadian rhythm using herbal medicine, nutrient supplementation and lifestyle practices

Long Term

- Address nutritional deficiencies (see pathology results)
- Continue nervous system support

Follow Up appointment : 2 weeks (to assess pathology results, assess response to treatment and alter treatment plan accordingly)

Nutrition Overview for OLIVIA MARCINKOWSKI

Date : 05.07.24



Include the following foods...		Target
Meals		3 meals per day
Protein	<p>Optimal sources - poultry (chicken, turkey, duck), seafood, eggs, red meat <i>Limit red meat to 455g/week</i></p> <p>Plant sources - quinoa, chickpeas, lentils, nuts, seeds, peas, beans, tempeh, hemp seeds, hemp protein powder <i>Aim for 1-2 meals per week of plant protein</i></p> <p>Limit - dairy, processed meats (bacon, sausages, deli meats)</p>	25-30g per meal
Water		2.1L/day

Eliminate or limit the following foods...	
Caffeine	Eliminate any sources of caffeine after midday

Measure your intake using the Easy Diet Diary app (free download)

Prescription Overview for OLIVIA MARCINKOWSKI

Date : 05.07.24



PRESCRIPTION	Breakfast	Lunch	Dinner	Bedtime
DAY Herbal	5mL	5mL	5mL	
NIGHT Herbal				10mL

Other reminders:

- Test blood glucose when waking with nausea
- Create a sleep ritual

Testing Recommendations :

Please see your GP with letter of referral for the following blood tests:

- **Iron studies** - due to symptoms of fatigue, breathlessness, dizziness, headache, lack of concentration and history of iron deficiency (\$59)
- **Vitamin D** - due to family history of autoimmune disease, and increased risk of deficiency from working night shift for 6 years (\$55)
- **B12** - due to symptoms of fatigue, tingling and dizziness (\$65)
- **Full thyroid panel with antibodies** - due to family history of autoimmunity and hyperthyroidism, symptoms of anxiety, frequent bowel movements, fatigue, and sleep disturbance (\$235)

If your GP is unable to order these blood tests, I can order them for you, however they will not be rebated by Medicare. The prices are listed above for your reference.

Detailed goals and rationale for OLIVIA MARCINKOWSKI

Date : 05.07.24



HEALTH GOAL	RATIONALE & INFO	DOSE
Ensure adequate protein intake	<p>Protein supports hormone and neurotransmitter synthesis, and the growth of new tissue. It is crucial to maintain muscle mass. It can mitigate muscle mass losses and muscle function losses associated with sarcopenia.</p> <p>Optimal protein intake may help to improve energy balance due to its slow energy release, which can help to regulate blood glucose levels.</p> <p>Optimise dietary sources of protein</p> <ul style="list-style-type: none">• Complete protein sources : lean meat, fish, seafood, eggs, dairy products, soy, quinoa, amaranth seeds• Plant sources : seeds, nuts, legumes (lentils, beans, chickpeas, split peas), whole grain, tofus <p>Minimum Target: FEMALE : Include 0.75g of protein per kilo of body weight per day</p> <p>Optimal intake: 1.3 – 1.8g of protein per kilo of body weight per day FEMALE : 88-120g per day</p> <p>Evidence : https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6566799/ https://doi.org/10.1093/ajcn/78.4.734</p>	<p>Aim for 90g per day, split throughout all meals</p> <p>Hemp Foods Organic Hemp Gold Protein Add to smoothies or use to make chia seed puddings.</p> <p>Available from Osborne Health Supplies</p> <p>Track intake using the Easy Diet Diary app.</p>
Optimise water intake to 2.1L per day	<p>Adequate water intake helps maintain blood volume and keeps blood flowing smoothly, potentially helping to improve hypotension.</p>	2.1L per day

<p>Eliminate caffeine after midday</p>	<p>Eliminate any sources of caffeine after midday, including tea, coffee, cocoa, cola and energy drinks. Caffeine has a half life of 3–4 hours in a healthy adult.</p> <ul style="list-style-type: none"> • a typical cup of coffee contains 60–200mg caffeine. • a typical cup of black tea contains 40–80mg caffeine. • a typical cup of green tea contains 10–40mg caffeine. • a typical cup of cocoa contains 5–40mg of caffeine. • 100 mL Coca-cola contains 10–30mg of caffeine. <p>Nervous system effects : Caffeine stimulates the central nervous system, triggers a stress response and may disturb sleep.</p> <p>Sleep effects: caffeine blocks adenosine receptors in the brain. One of the things that makes us feel 'sleepy' is the build-up of adenosine levels in our forebrain and hypothalamus, hence why caffeine can affect our sleep.</p> <p>Cardiovascular effects : Caffeine stimulates cardiac output and heart rate, can raise LDL cholesterol.</p> <p>Nutrition effects : Caffeine reduces the absorption of iron, and increases the excretion of phosphorus, potassium, magnesium and calcium.</p> <p>https://jcsn.aasm.org/doi/10.5664/jcsn.3170</p>	<p>Substitute your caffeinated beverage for a caffeine free alternative</p> <p><i>Rooibos tea</i></p> <p><i>roasted dandelion & chicory (tastes like coffee)</i></p> <p><i>herbal tea</i></p> <p><i>chai or turmeric latte</i></p>
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