

Your Treatment Plan: Follow-up Consultation

For: Zianna Mullins

Date: 06/09/24

Summary of key issues discussed in consult

- Review of prescribed products and protocol - great compliance, well done
- Noted improvements with sleep, mood, period pain and period flow
- Please send through food intake diary (2 week days, and weekend) for meals & snacks with time of day.
eg: 3 egg omelette with 1/4 avocado, handful rocket in GF wrap. Brazil nuts x 6, mandarin and 2 cheese slices.
If you can include weights eg. 100gm fillet steak, 2 cups natural yoghurt, 100gm tofu - this is also helpful!

Changes to prescriptions (also noted in table):

- Whilst on your period, take your **Heme Synergy** 1 x day, otherwise take every 2nd day as before
- Copper detox - I have increased your dosage of **MolyZinc** to 2 caps, 2 x day to increase your total zinc intake
- Stay on **Rapid D** at 2 x week until next blood test
- I've brought in a **SFM Xcell** (a thyroid-specific supportive supp). This contains the specific nutrients required for both T4 and T3 production, as well as supporting the conversion of T4 (inactive hormone) to T3 (active hormone) I want to start moving the dial on this function more and increase your T3 levels whilst we're working on reducing your Reverse T3 levels. Greater levels of T3 > energises your body, increases mental clarity, sparks metabolism, supports detoxification, balance hormones, supports preconception care etc etc
- If you're feeling well rested and that your nervous system/stress levels are in a better state consistently then look to bring in **weight/strength training 1-2 x week** for muscle mass maintenance > insulin sensitivity support > metabolic support. Listen to your body/nervous system here of effects.
- We'll look to repeat some blood tests after you've been on your prescribed products for **4 months** (so in another *2-3 months time*).

Let's check back in after you've been taking your supplements for another 2 months with a Follow-Up Consultation (30min). If of course, anything comes up for you prior to this or you have any questions about your Treatment Plan or your products, please get in touch.

Your Prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it for
S.F.M XCell	Specific nutrients for thyroid, metabolic and nervous system function.	Take 1 tablet, 2 x day approx 1 hour before meals (if possible).	Until advised.
P-Lift	Support healthy hormone cycles, healthy thyroid function and relieves symptoms of PMT.	Take 1 capsule, 1 x day with/after food.	Until advised.
Metibol Xcell <i>*Not suitable in pregnancy*</i>	Herbal and nutritional formula to support healthy blood sugar metabolism.	Take 1 capsule, 1 day with food - especially one with a higher carbohydrate load.	Follow up blood test to be done in another 2 months.
Rapid D	An active form of Vit D, raises levels up to 3x quicker than standard vitamin D.	Take 1 tablet, 2 x week with meals.	Follow up blood test to be done in another 2 months.
MagCalm	Magnesium, glycine and taurine combined with relaxant herbs to support your stress response.	Mix 2 scoops into water, consume 1-2 hours before bed.	Until advised.
Biome Acne Probiotic	3 probiotic strains for healthy skin flora.	Take 1 capsule, 1 x day.	Minimum 3 months.
Manganese Plus	Copper detox	Take 2 capsules, 2 x day with/after food.	Follow up blood test to be done in another 2-3 months.
MolyZinc	Copper detox	Take 2 capsules 2 x day with/after food.	Follow up blood test to be done in another 2-3 months.
Heme Synergy	Support ferritin levels	Take 1 capsule, every 2nd day with/after food. On period days, take 1 capsule <u>daily</u> . Separate dose away from Moly Zinc, tea/coffee, by at least 1 hour and don't take with a heavy calcium meal (e.g dairy).	Follow up blood test to be done in another 2 months.