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TREATMENT PLAN FOR : Annalise Faranda

Date: 30/01/25

Health Goals	<ol style="list-style-type: none">1. Maintain current changes to diet to ensure:<ul style="list-style-type: none">-insulin and glucose regulation (prevents pregnancy complications for mother and baby, such as gestational diabetes, preeclampsia)-support thyroid function (will support healthy weight reduction, metabolic health, foetal nervous system and brain development)- increased nutrient intake (provides building blocks for foetal growth and supports increased nutrient demands for mother)-reduced inflammation (excessive maternal inflammation can negatively impact fetal development, potentially leading to complications like low birth weight, preterm birth, and even developmental issues later in life by affecting the baby's brain development and immune system programming.)-support gut microbiome diversity (will impact your immune system and impact foetal/baby immune system)2. Protect your mental health and thoughts, manage stress levels by:<ul style="list-style-type: none">- avoiding google rabbit holes – ask me or your fertility specialist- don't overthink – meditate and trust the universe/god/the angels- make time for enjoyment and relaxation- trust your body- trust your manifestation.3. Focus on detoxifying your body in every way possible to ensure your and baby's health. This is because your body with the two MTHFR gene SNPS will always struggle to do this. It is also possible your baby will have these gene SNPs so
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	<p>is good practice for the future. Therefore, of most importance is you minimise intake of chemicals – makeup, candles, perfumes, fragrances, foods, additives, dyes, washing up liquid, washing detergent, skin care, plastic cooking utensils, non stick pans, plastic food packaging.</p> <p>4. Maintain regular exercise regimen to support physical fitness, mental health, stress levels, weight management, glucose regulation.</p> <p>5. Engage in sleep hygiene practices to regulate circadian rhythm, to increase energy and support blood glucose and insulin levels (See lifestyle below for more detail)</p> <p>6. Explore spiritual practices. You may go down a google rabbit hole for this.</p> <ul style="list-style-type: none"> -Reiki -Kinesiology -Meditations & guided meditations and visualisations. -Learn about Saturn return
<p>Diet</p>	<ul style="list-style-type: none"> - See attached Metabolic Harmony Meal Guide in email. <p>Your current diet sounds perfect. PLEASE stay with it! Always use common sense – if your appetite changes it is ok to stop fasting. Just stick with the high protein, high fat and fibre. If you desire carbs choose healthier options and match with protein and fat as to not spike glucose and insulin release.</p> <ul style="list-style-type: none"> - Reduce caffeine intake slowly as to avoid headaches. For example half the coffee intake. Or swap for green tea. Or have every second day. Like I mentioned a new born baby takes 3 days to process caffeine – that’s a long time to be stimulated or jittery. Also if you drink caffiever every dayof pregnancy, when you give birth your baby will have a withdrawal from caffeine so just keep that in mind. - Avoid all wheat/gluten (as you already are) to support thyroid health (wheat can trigger the immune system to attack the thyroid – almost guaranteed if you’re hypothyroid) and to not overdose yourself with folic acid. Check ingredients when needed on packets - Consider organic vegetables. Less pesticides and toxic crap for your body to try detox. There are nice delivery services such as Organic Collective, and others who do a very flexible delivery of organic fruit/veg/pantry items. - Filtered water please. I highly recommend the WatersCo MyWaterJug. MyWaterJug central cartridge contains alkalising

	<p>minerals, magnets, bio ceramics and activated carbon filter medium. It re-mineralises and ionises ordinary tap water while filtering out up to 99% of forever chemicals, chlorine, fluoride, heavy metals, inorganic chemicals and bacteria.</p> <p>It's \$109 so more affordable than the major under sink or house wide systems.</p> <p>https://www.waterscoaustralia.com.au/products/mywaterjug-1-5l?srsId=AfmBOorFLzHjyjiUYEPqfhgFDCAO5rQz1EZpa5354htJPc27ZMrg_akK</p> <p>-</p>
Lifestyle	<p>- <u>Sleep</u></p> <p>Ensure you get 7-9 hours per night sleep. Sleep hygiene practices make it easier to fall asleep, easier to stay asleep, and ensure you receive proper rest throughout the night. Sleep hygiene practices include the following:</p> <ol style="list-style-type: none"> 1) Minimising/turning off lights 2-3 hours before bed and avoiding/minimising use of technology with screens. 2) Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature. 3) Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom. 4) Avoid large meals, caffeine, and alcohol before bedtime (Abstain from caffeine from 2pm, have your last meal 3 hours before bedtime) 5) Stick to a routine. Eg. Have the same bed time and waking time every day 6) Allowing morning sunlight to enter your eyes within 30 minutes of waking (10 minutes on a sunny day, 20 on a cloudy day)- this helps set up your circadian rhythm. 7) Viewing late afternoon sunlight for 10 minutes (just before sunset) also sends a message to the brain that it is now time to prepare for the night and to make melatonin. <p>-</p>
Barriers	-
Referral/Investigations	-
Prescription	<p>- Magnesium glycinate RN Labs. 2 tabs 2 hour before bed (do this along side reducing screen time on phone, dimming household lights, avoiding caffeine after 2).</p> <p>- Explore spiritual practices and energy work to support you through pregnancy.</p>

	- Prayer and angel contact often. Thy bring guidance, comfort, wisdom. It's a form of meditation!
Recipes:	-
Other	Let me know how everything goes 😊

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.