

19.12.24

## Treatment Plan for Akiho Oda

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Tresos Natal			1						
Nordic Fish Oil			2						
S.Bifido Biotic Clear out bad bacteria – 2week course		1				1			
Probiotica Clinical move to pregnancy probiotic in 2 <sup>nd</sup> - 3 <sup>rd</sup> trimester								Mix together in shaker	1 sachet
Prebiotica Regenex Prebiotic fibre- regulate the bowel									2 scoops
Mediherb Silybum (optional for nausea) *away from meals*	1								1
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

**Mediterranean diet** – good clean eating, quality protein (mix of fish, red meat and poultry, selection of different coloured veg and good fats)

Eat minimum once daily - Dark green leafy veg (silver beet, kale, broccoli Asian greens- pak choy, bok choy)

Try to add protein to every meal and snack

Sunshine ☀ daily

Use Beef Liver – 1- 4 daily, dosage pending iron status

Next Blood work -Full bloods to include liver enzymes, electrolytes, fasting Blood glucose, full iron Studies, B12, folate + vitamin D, Zinc

**Next appointment: reassess in 4-6 weeks.**

Email through pathology results and diet record