

Your Care Plan: Initial Consultation

For: Claudia Marchesini

Date: 11/04/25

Summary of consult

Blood test results reviewed:

- **Haemoglobin 132, Ferritin 63** - both good. Continue on IronBiotic (see script table)
- **Vitamin B12 at 455** - optimal is 600+
- **Vitamin D 80** - optimal is 120
- **Thyroid markers** - OK overall, lower end of optimal range, Reverse T3 a little high at 386

Postpartum recovery:

Even beyond the fourth trimester (ie. the first 3 months after giving birth) your body is still in the process of healing and recalibrating. While much of the initial physical recovery may be complete, your hormones are still in shifting, your adrenal glands and thyroid are under extra pressure, and your pelvic floor continues to heal. And whilst breastfeeding, your body is also prioritising energy and nutrients for making 700-900ml of milk every 24 hours! Also around the 4-5 month mark, you may notice your baby becoming more alert, active, clingy, or restless at night - possibly due to teething or developmental leaps like learning new skills.

Relaxin is the hormone which helps our ligaments and tendons become more pliable during late pregnancy and for the birth. These levels do decrease after birth but can remain elevated for several months, particularly in breastfeeding mothers. This prolonged presence of relaxin can affect ligaments and joints, potentially leading to continued laxity, symptoms and increased injury risk during the postpartum period.

When we think of 'healing after birth', we often think about the obvious areas. But the healing extends well beyond our vagina, or stitches, or caesarean wound. There's also all the **connective tissues** of our body. These too, need both time and nutritional support to heal, recuperate and remodel after pregnancy and birth. They include the uterus, the pelvic ligaments, the abdominal and pelvic floor muscles, the skin, the vagina, the perineum, or the multiple tissue layers involved in a caesarean.

Just having an uncomplicated, normal, physiological birth requires the perineum and pelvic floor muscles to stretch 3 times from their normal position to accommodate the baby's birth. For those mothers who had an episiotomy, or multiple layers of a surgical wound (in a caesarean) this will require additional recovery time and nutrients.

The connective tissue of the body, ie. the ligaments attached to the uterus and cervix and those around the pelvis, have also been stretched to accommodate the growing size and weight of the uterus and baby. These

are also stretched during the birth process. Then there's the skin of the growing belly and breasts. These also need to regain their elasticity.

The key nutrients to support this entire plethora of connective tissue healing after pregnancy and birth include **protein, collagen, vitamin A, C, D and zinc**.

1. PROTEIN provides amino acids that are the building blocks for all tissue growth. Animal based proteins are 'complete proteins' because they contain all 9 essential amino acids. This means they can't be made by the body so we must get them through our food.

- ◆ Quality sources include red meat, poultry, organ meat, fish, seafood, eggs, dairy products (e.g. milk, cheese, yoghurt) and a good quality protein powder (see Notes below)

Plant proteins are considered 'incomplete proteins' and have a much lower protein concentration a gram-for-gram compared to animal proteins.

- ◆ Sources include beans, lentils, seeds, nuts, edamame, tempeh, soy products and plant-based protein powders.

2. COLLAGEN is the most abundant protein in the body. It's used to make connective tissue like bone, teeth, skin, muscles, tendons, cartilage. Collagen contains amino acids such as glycine, proline, hydroxyproline - all required for the intensive tissue repair after birth. Incorporating high collagen foods help provide healing properties for all wounds to heal optimally. Be it from a caesarean, an episiotomy or a 2nd degree tear.

- ◆ Found in bone broth, slow cooked meats (casserole meat cuts/pulled pork/whole fish etc) and/or collagen powder (See Notes below)

3. VITAMIN C is required for all phases of wound healing. It's needed for the bio synthesis of collagen and is also involved in protein metabolism.

- ◆ Found in fruits and veggies (raw or lightly steamed) like broccoli, capsicum, berries, kiwifruit or natural forms vitamin C powders with kakadu plum, camu camu, acerola berry.

4. VITAMIN D supports mood, hormones, is anti-inflammatory and supports the immune system.

- ◆ Found in egg yolks, grass-fed butter, fatty fish (eg. salmon, sardines) and mushrooms.

In fact, you can even place your store bought mushrooms in the midday sun for 1-2 hours to increase their vitamin D content before using them! Even if your diet is rich in vitamin D, we can only absorb a certain amount from food. The very best source of vitamin D production in our body is sunlight on our skin. I have added a supplement in to increase your levels (esp whilst breastfeeding and moving towards winter). Also see Notes below.

5. ZINC is an essential mineral for postpartum for many reasons! Its role in healing is multifactorial. It's needed for both collagen and protein synthesis, plus immune defence and scar formation, all of which are essential for regenerating and repairing tissue.

- ◆ Found in oysters, clams, red meats, organ meats, fish, tahini/sesame seeds and pumpkin seeds.
- ◆ It's also found in whole grains, legumes and other nuts/seeds.

Notes

Your Breastfeeding Supp: Evrenatal is out of stock online (recall issue?) so I've added Pure Natal to your script for if/when you need a refill.

Your Green Omega3 capsules: Take 2 capsules per day until bottle finished, then move onto Clinical Lipids.

Your Activated B12 Spray: you can use at 1 x spray per day.

Protein powder (*optional, but recommended*): I've added this to your script so you can access from Rener if you wish. It's a favourite of mine, easy to mix into yoghurt, smoothies etc to bump up daily protein intake.

Collagen powder (*optional, but recommended*): I've also added this to your script so you can access if you wish. It's flavourless, mixes all into food, drinks, coffee, smoothies etc

Milk supply: Consider the Mama's Milk Herbal Tea to support your milk supply. At The Mamawise Store, use code CLINIC20 for 20% off order.

Hydration/Electrolytes: Consider an electrolyte power to aid hydration whilst breastfeeding (2 flavours to choose from). Keep in mind you're making approx **700ml-900ml of breastmilk every 24 hours!** So keep your hydration (ie. water + electrolytes) up.

Support with birth debriefing:

@lifeafterbirthpsychology (instagram) she also has podcast, courses, groups etc
@fionarogerson.counsellorperth (instagram)

Matrescence (*the transition from maiden to mother*) - 6min video explanation, and another overview here

Vitamin D: along with your supplement, try to also top up your levels 'naturally' through sun exposure on thighs and stomach. Try approx 15-20min to stimulate natural Vit D production

Calm Mama: this can be taken at the same time as the **Revitalise** tonic

Nervous system practises: time in nature, feet on earth, no phone, beach, water, sunshine on skin. Foot bath (a bucket works too) with a handful of Epsom salts, soak feet/ankles/achilles until water cools off. Feet up the wall pose: <https://www.instagram.com/p/CgivFT6v8Qo/>

Omega 3 needs; <https://www.instagram.com/p/Cy2QAF7P3bA/>

Your Prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it
EVERNATAL (Client's own)	Breastfeeding multi	Take 2 caps daily with meals. Try to take <u>2 hours away</u> from coffee/caffeine	Continue whilst breastfeeding
IRON BIOTIC (Client's own)	Iron with cofactors	Take 2 caps, every 2nd night (before bed)	Continue whilst breastfeeding
PURE NATAL	Breastfeeding multi. To <u>replace</u> EverNatal if required.	Take 1 cap with lunch.	Continue whilst breastfeeding
OPTI ACTIVE D	Highly bioavailable Vit D for breastmilk source, mood, anti-inflamm, and metabolic health.	Take 1 cap per day. Take alongside 1 Magnesium dose.	Until advised. Consider follow-up blood test in 3-4 months.
CLINICAL LIPIDS	Concentrated Omega3 supp with EPA & DHA. Important for baby and to replenish maternal stores (mood, nervous system, cognition, anti-inflamm).	Take 1 cap, 2 x day with meals. <u>Keep in fridge</u>	Continue whilst breastfeeding
<u>CALM MAMA</u> (Mamawise Store, use code CLINIC20 for 20% off order)	Liquid herbal formula with nerving and adaptogen herbs.	Take 5mls, 2-3 x day	Continue as needed.
PURE MAGNESIUM	Essential for 600+ functions in body; nervous system, brain health, mental health, restlessness, muscular health, inflammation	Take 1 cap, 2 x day (anytime)	Continue as needed.
ULTRA FLORA MOTHER & BABY	Specific probiotic strains to support baby's microbiome development and immune system.	Take 1 capsule, 1 x day <u>Keep in fridge</u>	Continue whilst breastfeeding

Next time

Let's check in again with a **First Follow-Up Consultation** after you've been taking your products for 4 weeks.

If you have any questions about your Treatment Plan or your products, please get in touch.
