



Treatment Plan- Emily Buchhorn

11/04/2025

The following recommendations aim to address the main focus of our consultation which was ongoing fatigue and in addition, skin issues.

Recommendations:

- Commence herbal tea (Nettle and Rosehip) to support immune system health and function.

Nettle is anti-inflammatory, anti-allergic, antioxidant and nutritive full of vitamins and minerals (e.g. Iron, vitamin C) useful in reducing inflammation and protecting cells from free radical damage. Rosehip is very high in vitamin C, therefore also a powerful antioxidant which protects cells from free radical damage.

- Consider requesting a blood test through your GP to test the following and (to rule out possible deficiencies such as iron and B12)- iron studies, full blood count, lipid profile, LFT, fasting glucose and fasting insulin, zinc, vitamin D and vitamin B12.
- Maintain a wholefood approach to eating and avoid processed foods to assist in maintaining energy levels. Include lots of vegetables, fruit (limit), good fats (e.g. olive oil, avocado, almonds), oily fish where possible (e.g. sardines, salmon) and wholegrains (limit). Where possible choose organic or non- GMO options.

The inclusion of some of these foods (e.g. dark leafy greens, olive oil, chia seeds, walnuts, fatty fish, flaxseed) will also increase the amount of essential fatty acids in your diet which may help to improve skin barrier function and improve hydration. Essential fatty acids can also help regulate mood and support brain function.

- Increase water intake to approximately 2L p/day. The amount you need is based on your weight, environment and level of exertion so it is only a guide. Adequate water intake helps to maintain good brain function, eliminate toxins, aid digest and helps prevent constipation.
- Limit alcohol consumption if possible, to reduce the toxic load on your body and allow more energy for recovery and repair.
- Consider completing a symptom tracker (attached to the email) which may help to identify foods that you are sensitive to and which exacerbate symptoms.

Suggested Supplements (optional):

BioActivated B (by Biomedica)- this supplement contains activated B vitamins and vitamin C to support energy production, maintain immune system health and function and assist the body in maintaining a healthy stress response.

Dosage: 1 capsule daily with food (morning or lunch)

Optional- VegeNAC- An important precursor to the antioxidant glutathione. Glutathione is essential for the immune system's proper functioning and is vital in building and repairing tissue. NAC has shown to have immune-modulating, antiviral and anti-inflammatory effects.

Dosage: 1 capsule daily (morning or lunch)

Follow-up Appointment

At your follow up consultation, I suggest we look at the following:

- Review suggested treatments above and discuss your observations
- Review blood test results and address any deficiencies through diet and possible supplementation if required
- Discuss ways in which to better manage anxiety/stress and regulate mood (e.g. breathwork, grounding techniques)
- Discuss your thoughts at this time on possibly reducing your Sertraline dose (in consultation with your GP). At this time, it will be important to look at all possible ways to support your nervous system. This may include an herbal tincture or additional herbal tea (e.g. Ashwagandha), incorporating more selfcare practice and reducing cannabis use.
- Consider EPA/DHA supplement short term if skin condition has not improved.
- Further discuss diet and possible allergens/sensitivities (e.g. histamine) and ensure adequate intake of protein and healthy fats.