



### **Treatment Plan- Dany Andersen**

17/01/2024

The following recommendations aim to address the main focus of our consultation which was ongoing fatigue (and suspected Endometriosis and associated symptoms).

**Suggested Supplements:** Supplements below aim to address your diagnosed iron deficiency.

**BioHeme** (by Biomedica)- an iron supplement containing a highly absorbable form of iron which is gentler on the digestive system. It also contains Lactoferrin (which further assists with absorption) and Vitamin C (which also assists with absorption and metabolism along with its role as an antioxidant and protecting cells from free radicals).

**Dosage:** 1 capsule every **second** day with food (alternate with Primal Energy).

**Primal Energy-** (Ancestral Nutrition)- grass fed, non-GMO beef liver capsules which are a valuable source of iron, vitamin B12 and folate.

**Dosage:** Take 4 capsules once every **second** day with food alternating with BioHeme (can open capsules and sprinkle on food or in water).

### **Supporting Advice**

- Maintain a diet that aims to reduce inflammation which can be based around a Mediterranean type diet. Include lots of vegetables, fruit (limited amount), good fats (e.g. olive oil, avocado), oily fish (e.g. sardines, wild caught salmon), wholegrains (limited amount) and limit red meat, grains and animal products. This may also include some or all of the following:
  - Removing A1 (regular) milk and milk products and replace with A2 varieties. A1 milk contains an inflammatory protein which is a contributing factor to inflammation and related conditions for many people;
  - Choose gluten free grains or reduce gluten intake (rice, quinoa, buckwheat, gluten free oats);
  - Limit caffeine and alcohol;
  - Increase EPA Omega 3 intake (e.g. sardines, chia seeds);
  - Increase cruciferous vegetable intake- which are high in sulphur and can assist to clear excess oestrogen

- Limit highly processed, high sugar and salt foods and drinks and refined carbohydrates (e.g. white rice)
- Aim to drink approx. 1.5- 2L p/day of water. The amount you need is based on your size, environment and level of exertion so it is a guide only. Adequate water intake helps to maintain good brain function, eliminate toxins and aids digestion. Try adding some fresh lemon to water or having hot water with ginger (bruise ginger first).
- Incorporate where possible garlic, ginger, turmeric and other anti-inflammatory in cooking or in tea for their anti-inflammatory and immune enhancing properties.
- Discuss with GP further kidney testing and request a urine Albumin test to further check kidney function (ultrasound of kidneys is another consideration).

### **Follow-up Consultation**

If you'd like a follow-up consultation, just let me know. At this time, we would review your current treatment and could also look at the following:

- Consider an alternative and effective pain medication for managing painful menstruation (e.g. PEA, Curcumin, herbal tincture)
- Consider introducing a medicinal mushroom complex which may be beneficial in providing further immune system support
- Improve gut health
- Modulate/regulate hormones (possible hormone testing, broccoli sprouts)
- Consider further investigations into thyroid function (TPO antibodies, check Iodine level)