



Kerryn Rayner <hello@empowerandheal.com.au>

Things to try

1 message

hello@empowerandheal.com.au <hello@empowerandheal.com.au>

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Reply-To: hello@empowerandheal.com.au

To: tash.martin207@gmail.com

Hi Natasha,

Apologies I wasn't able to respond properly yesterday.

Here are a few things you may like to try:

- Schuessler Tissue Salts Calc phos. This is a microdose of the mineral tissue salt calcium phosphate which can be useful in loss of appetite and to aid digestion and absorption. It is unfortunately in a lactose base (there is a lactose free spray however, may be more difficult to get). Blooms or chemist warehouse should stock these. There is also Kali phos which supports the nervous system which you could try in combination with Calc phos if needed.
- Liquid ginger and dandelion root herbal extract in a drop dose (I could make up and leave for you early next week). This could be used in conjunction with above.
- A zinc and B6 supplement (short term). This may help with the aversions and nausea as well as support thyroid function. I'd recommend MetaZinc by Metagenics which only contains Zinc, B6 and manganese (I can order for you or many chemists now stock this brand). **OR**
- If you need extra help reducing anxiety/stress, I would recommend a magnesium powder (short term) Mag Taur XCell by Orthoplex which has Zinc, B6, activated folate, B12
- Small meals (although you're probably already doing this) and eating something small on waking and before getting out of bed.
- Reduce stress/anxiety
- Food suggestions- anything you can stomach! Don't be too hard on yourself, I'm sure this will pass :)

As much protein as possible (eg. seeded gluten free crackers, tahini on celery, gluten free bread dipped in egg and cooked, bone broth, chicken soup (if someone else can make it for you)! Chia seeds in yogurt.

- Ginger tea daily

I know you'll be doing your absolute best to look after yourself and that little bub so be kind to yourself and take a day at a time :)

Warmest regards,

Kerryn Rayner
Integrative Natural Health Practitioner & Clinical Herbalist
Empower & Heal
Ph: 0419 995 909
hello@empowerandheal.com.au
www.empowerandheal.com.au