



Treatment Plan- Rod Driver

22/02/2025

The following recommendations aim to address the main focus of our consultation which was chronic pain behind the knees and inadequate sleep.

Recommendations

Commence the following herbal tincture to reduce inflammation and improve circulation.

Herbs included:

Turmeric (*Curcuma longa*)- an anti-inflammatory, antioxidant and analgesic useful in reducing chronic pain and inflammation in joints

Ginger (*Zingiber officinale*)-an anti-inflammatory, circulatory stimulant and analgesic useful in reducing chronic joint pain and inflammation and improving circulation

Nettle (*Urtica dioica*)- an anti-inflammatory, antioxidant and nutritive full of vitamins and minerals (e.g. Iron, vitamin C) useful in reducing inflammation and protecting cells from free radical damage

Chamomile (*Matricaria chamomilla*)- an antispasmodic, antioxidant and anti-inflammatory useful in reducing inflammation and protecting cells from free radical damage

Dosage: 5 mls 2x per day with food

Suggested Supplement:

MagCalm (by Orthoplex)- containing a highly absorbable magnesium which is good for supporting hundreds of chemical processes in the body including helping to reduce fatigue, promoting restful sleep, supporting a healthy stress response and healthy nerve function. This formula also contains Passionflower, an herb which assists with sleep disturbances and excessive thinking and Lemon Balm, which relaxes the nervous system and assists with sleep disturbances.

Dosage: 2 scoops in water, once per day (at night, 30-60mins before bed)

Other Recommendations

- Increase fluid intake to approx. 2L per day. You may like to include electrolytes to maximise absorption (coconut water is a natural form of electrolytes). 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 elevating your legs up the wall before bed (approx. 20mins) to encourage lymph and blood flow.
- A wholefood approach to eating is recommended and avoid processed foods. 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). There is research to suggest that a Mediterranean-style diet has many health benefits which in essence includes foods such as those listed above and reduces grains and animal products (see dietary attachments for more information).
- Ensure the following tests are included in your next routine blood test- Iron studies, lipid profile, LFT, fasting glucose, fasting insulin, vitamin B12, electrolyte panel. At this time, you may wish to discuss the current dose and use of Statins with your GP.

Follow up Appointment- suggested for 5 April 2025

At this time we will review your current treatment plan and in addition consider the following:

- Explore other natural forms of analgesics to use as needed in addition to above recommendations (e.g. PEA, Boswellia)
- Discuss in more detail, other dietary changes and nutritional recommendations (including recipes).
- Review possible Statin side effects and how to continue to counteract these if they are continued.

A couple of recipe suggestions to get started

<https://thehealthychef.com/blogs/recipes/stuffed-avocado-w-scrambled-eggs>

<https://www.superchargedfood.com/create/recipe-book/seafood-burgers/>