



**Treatment Plan- Belinda Oldenburg**  
12/09/2025

The following recommendations aim to address the main focus of our consultation which was to reduce chronic joint pain of the knuckles of your hands.

**Herbal Tincture:**

**Turmeric:** 50mls **Ginger:** 10mls **Nettle:** 40mls

**Dosage:** 7 drops in water twice per day

**Supplements:**

**SPM Active** (by Metagenics)

**Dosage:** 1 capsule twice per day

**MagCalm** (by Orthoplex)

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

**Other Recommendations**

- At your next GP appointment, ensure the following tests are included in your routine blood test- fasting glucose, lipid studies, HbA1C, liver and kidney function, ESR, CRP, iron studies, TSH, vitamin D, active B12.
- Introduce a daily smoothie into your diet. To make more filling, add protein containing foods such as a tsp of nut butter (e.g. almond, cashew) and LSA (you can get from the supermarket). You could also add a handful of spinach leaves or other greens for additional nutrients.
- Avoid (as much as possible) high sugar, processed foods such as lollies, cakes, muffins, pastry, chips and biscuits. Most of these all contain gluten (you mentioned you might be sensitive to bread) in addition to being high in sugar which. Replace with a piece of fresh fruit, a handful of nuts (e.g. almonds), carrot sticks or a piece of 70% dark chocolate.

**Follow up Appointment- 12 December 2025**

At this time, we will review your symptoms and above treatment plan as well as the following:

- Provide additional suggestions to improve sleep
- Review blood test results
- Provide further nutrition advice