



Treatment Plan- Lyndy Cracknell
17/10/2025

The recommendations below are a continuation of the treatment plan we designed following your initial consultation.

Continued Treatment

- Herbal Tincture (slight formula change) Nettle Leaf, Reishi, Rehmannia, Turmeric (a powerful anti-inflammatory useful in chronic inflammatory conditions. It's also an antioxidant, useful for protecting cells from free radical damage).

Dosage: 5 mls 2x per day with food

- Quercedran Plus (by Orthoplex)

Recommendations- Other

- Request following tests to be included in your next routine blood test-FBC, LFT, iron studies, lipid studies, fasting glucose, active vitamin B12, vitamin D, TSH, T4, T3 and Thyroid antibodies (TPO & TgAB) given ongoing significant fatigue, brain fog and low mood).
- Review Low Histamine diet (previously sent) and consider keeping a symptom tracker which may help to identify foods that you may be sensitive to and could be contributing to allergy symptoms.

Future considerations

- Provide additional nutritional advice to assist with weight management/loss
- Review and further refine nutritional intake to ensure adequate fibre, protein and vitamins/minerals.
- Review supplements and herbal tincture. Make adjustments depending on improvement of symptoms