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Stacey Duplock

Follow Up 2

30/1/23



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TREATMENT PLAN

PROGRESS NOTES:

- *Please adjust the dosages as outlined below!*
- *Please ask your GP to test the following when you see him:*
 - *Vitamin B12*
 - *Iron studies*
 - *Vitamin D*
- *If you need to order anything before our next consultation, please email orders@mungbeanhealth.com*

GOALS:

- *I would like you to get up every morning & have a cup of bone broth on an empty stomach. This will be so healing for your GUT.*
- *I am so excited you are getting the Zazen filter!*
- *Look into the gym classes & if they don't fit with your schedule try the following!*
- *I'd like you to join this exercise app, its called FitAz. Get a discount with this code: MUNGBEAN10 & the Discount Link: <https://fitazfk.com/mungbean>*
- *Please start drinking 2-3 cups of spearmint tea everyday! (Can be iced)!*
- *Enjoy Foraged for you in foods, juice or smoothies daily! I recommend mixing into pineapple or OJ.*
- *Please start to follow the AIP diet attached to your email.*



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TREATMENT PLAN

FOOD CHOICES

I encourage you to buy produce organically to avoid the nasty sprays and chemicals that are present in store brought food.

If you cannot buy organically then below are some options to help you to reduce exposure to these toxins when buying your fruit and vegetables.

These lists are called the "dirty dozen, and the clean fifteen" for fruit and vegetables. These will help you to identify better choices when shopping in the supermarket.

Clean Fifteen: <https://www.cwg.org/foodnews/clean-fifteen.php>

Better to Buy These Items Organically -

Dirty Dozen: http://www.cwg.org/foodnews/dirty_dozen_list.php



SALT FLUSHING

The salt is added to water in a specific way.

How to:

- Dissolve 1/4 of a teaspoon of Himalayan sea salt or celtic sea salt into 1 ltr of spring water.
- Drink throughout the day for at least a month.
- Aim to finish it by 2pm so you can start on another litre of filtered water.
- You will require an additional 1 lt of water daily (in addition to the “salted water”).

You need to eat salt also, but only the correct types.

If you are eating processed foods you will most likely be eating processed / table salt (not a good form of salt to eat).

Himalayan crystal salt (is pink) or celtic sea salt are the best forms as they are highly mineralised.

About 1tsp of good salt daily is a good amount as a maintenance when not doing the salt flushing protocol above.



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TREATMENT PLAN

REFERRALS AND INVESTIGATIONS

Results so far OCT-NOV 2022:

- *Bilirubin- 22 (Range is below 15)*
- *Haemoglobin- 132 (Optimal is above 135)*
- *T4- 11.6 (Optimal is 15.4-19.3)*
- *T3- 3.6 (Optimal 5.9- 6.8)*
- *Testosterone- 145.5 (Optimal is around 100)*
- *Progesterone- 130 (Optimal is 800-1000)*
- *TRABS- 2.9 (Range is below 1.8)*

Results from DEC 2022:

- *T4- 12.9 (Optimal is 15.4-19.3)*
- *T3- 3.5 (Optimal 5.9- 6.8)*
- *Bilirubin- 13 (Range is below 15)*
- *Total protein- 68 (Range is 68-85)*
- *Haemoglobin- 121 (Optimal is above 135)*



HERBAL PRESCRIPTION - THYROID

- **VERVAIN: 80ml per bottle.**

Libido, anti-tumor effects, nerve cell protection, anxiety reducing properties, and antimicrobial activity.

- **WITHANIA: 100ml per bottle.**

Helps to relax and support the stress response. Strong adrenal tonic, improves thyroid hormone regulation, aids fertility and sexual dysfunction, antitumour, promotes sugar metabolism, aids mood.

- **REHMANNIA: 120 ml per bottle.**

A beautiful herb for post-partum depletion. Autoimmune and immune regulation, adrenal, and liver support, aids healthy mood, blood sugar levels and sleep, prevents excess heat and inflammation.

- **PEONY: 120ml per bottle.**

Estrogenic regulation and hormonal management, ovarian tonic, plays an important role to reduce high testosterone levels in women.

- **LICORICE: 40ml per bottle.**

Tonic for adrenals, lungs and digestive tract. Improves stress hormone sensitivity, improves energy and prevents low blood pressure. Improves taste & is antiviral.

- **Dose - Herbal Formula**

Please take 7.5ml mixed with water or juice, 2x daily.





HERBAL PRESCRIPTION - IMMUNE

- **MARSHMALLOW: 80ml per bottle.**

Traditionally used in Western herbal medicine to soothe the gastrointestinal tract. It is a high-mucilage-containing herb that has a long history of use for irritated or inflamed mucous membranes in the digestive system & upper respiratory system. Can be used to help treat respiratory infection symptoms due to its soothing and decongestant effects on the respiratory tract, it can alleviate and open up the airways to loosen up mucus.

- **ASTRAGALUS: 120ml per bottle.**

Immune enhancing, adaptogen effects, infection prevention & improve fatigue states. Astragalus is used to protect and support the immune system, prevent colds and upper respiratory infections & has antibacterial and anti-inflammatory properties.

- **ANDROGRAPHIS: 80ml per bottle.**

Immune enhancing. Anti-inflammatory. Useful for treatment of bacterial and viral respiratory tract infections & boosting the immune system. It is commonly used to prevent flu viruses from binding to cells in the body, the common cold & to fight infection of the throat and tonsils.

- **ECHINACEA: 80ml per bottle.**

Immune regulation, antimicrobial, strong lymphatic and glandular support. Echinacea has shown a decrease in the pro-inflammatory cytokines that play a role in the progression of cytokine storm and Acute Respiratory Distress Syndrome.

- **THYME: 60ml per bottle.**

Thyme has antibacterial, antifungal and antimicrobial properties making it beneficial for immunity & lung health. It is also a great way to support your digestive tract!

- **GINGER: 20ml per bottle.**

Circulatory stimulant, anti-inflammatory, blood tonic, antimicrobial, stimulates digestion, warming. Ginger has shown to combat inflammation and keep your immune system healthy. Many studies suggest that ginger can enhance immune response & it has powerful antiviral and antibacterial properties.

- **Dose - Herbal Formula**

- **STANDARD DOSE:** Please take 7.5mls, 2 x daily, in a little water or juice.

- **ACUTE DOSE:** Please take 5ml, 3x a day, in a little water or juice.

- To help with compliance, try mixing herbs with a small amount of 'Nudie' Pineapple or Orange juice.





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TREATMENT PLAN

NUTRACEUTICAL SUPPLEMENTATION

SUPPLEMENT	DOSE	AM	PM	HELPS WITH
DHA+CHOLINE	Please take 2 capsules morning & night. (Refrigerate after opening)	2	2	Fish oil is rich in omega-3 fatty acids, which are well known for their powerful anti-inflammatory properties. Omega-3 fatty acids, a major building block of the brain that play's a role in sharpening memory and improving mood. There is a direct link with limited omega 3's & depression. Omega 3's have been shown to improved uterine blood flow, reduce inflammation, prevent miscarriage & support your growing baby's cognitive function via breastmilk for overall healthy development. Choline has shown to help with a healthy pregnancy & improve foetal brain development.
CALMX	Please take 2 scoops in water before bed.		2	Magnesium is a very common deficiency in women, especially postpartum. Magnesium is used in over 300 functions in the body, so it is crucial we have enough in our system if we want to feel well. It supports a healthy stress response, assists with metabolism and synthesis of some neurotransmitters including the calming neurotransmitter GABA.
COMPOUND	Please take 3 teaspoons mixed into water or juice.	3		This postpartum compound is designed to support GUT health, sooth digestion & help you absorb nutrients better. It contains N-Acetyl Cysteine great liver & mood support, improve's ovulation & will help with egg quality, amino acids & antioxidants plus contains PHGG for prebiotic support. Fibre & Chicory to help with bowel function.
PURE NATAL	Please take 1 capsule with breakfast. (Refrigerate after opening)	1		Nutritional demands increase in response to maternal and foetal changes throughout preconception, pregnancy and lactation. This supplement will support healthy foetal development, as well as bone, brain and central nervous system health while also providing digestive-friendly, bioavailable minerals and activated B-vitamins to support energy levels and maternal health. These nutrients are often depleted postpartum & are important to replenish!



TREATMENT PLAN

NUTRACEUTICAL SUPPLEMENTATION

SUPPLEMENT	DOSE	AM	PM	HELPS WITH
ULTRA FLORA MOTHER & BABY (Please keep in the fridge at all times)	Please take 1 capsule, twice daily (Please keep in the fridge at all times)	1	1	This strain-specific probiotic supports both maternal & baby's health and wellbeing. It can assist in baby's development and immune health while also supporting GUT flora balance in mother and baby. These strains have also shown to support maternal glucose metabolism & babies behavioural complaints later in life.
GREEN CALCIUM	Please take 2 capsules daily (always away from your iron).		2	Calcium is a mineral that helps form and maintain healthy teeth and bones for both you and your baby in pregnancy & breastfeeding/postpartum. Demands are increased greatly during pregnancy & breastfeeding. This green calcium is actually from red algae & has a much greater absorption rate than standard calcium.
BIO PURE COLLAGEN PROTEIN	Add 2 metric tablespoons into your choice of beverage or food, allowing 30 seconds for collagen to dissolve.	2		Nutritional protein supplement for tissue repair, growth and development of bone and satiety. Low carbohydrate, low reactive and low allergenic protein source. Great for GUT health, to support healthy ageing, support immune system & overall wellbeing. A great protein powder that also support healthy hair, skin & nails!
THYROSENSE	Please take 1 capsule, twice daily	1	1	Support healthy thyroid hormone production and thyroid gland health Provide antioxidant support for general health and wellbeing, Support healthy stress response in the body, Traditionally used in Ayurvedic medicine to, Maintain cognitive function and memory, Support energy levels.
FIVE MUSHROOM EXTRACT	Please take 35 drops morning & night (mixed with your liquid herbs).	35	35	Five Mushroom promotes healthy immune function by potentiating the innate and acquired immune responses. Reishi mushrooms have been found to modulate the immune system so that it reacts more effectively to the attack of foreign invaders like bacteria and viruses, while calming down an overactive immune system that's attacking its own healthy cells, like in auto-immune conditions (Hashimoto's).



TREATMENT PLAN

NUTRACEUTICAL SUPPLEMENTATION

SUPPLEMENT	DOSE	AM	PM	HELPS WITH
FORAGED FOR YOU	Please mix 2 teaspoons daily into water or juice/ smoothies, coconut yoghurt etc.	2		This blend is packed with micronutrients found in beautiful organic ingredients to support preconception, pregnancy and breastfeeding. Its also great for little ones as it contains Iron, B12 and antioxidant rich you can also use this for yourself or in your childrens food for their health and wellbeing! Visit their website for plenty of recipes and ideas on how to use it!



DIETARY RECOMMENDATIONS

- **Enjoy Foraged for you in foods, juice or smoothies daily!** I recommend mixing into pineapple or OJ.
- This blend is packed with micronutrients found in beautiful organic ingredients to support preconception, pregnancy and breastfeeding. Its also great for little ones as it contains Iron, B12 and antioxidant rich you can also use this for yourself or in your childrens food for their health and wellbeing! Visit their website for plenty of recipes and ideas on how to use it! Foragedforyou.com.au Or follow them on Instagram @foragedforyou

- **Please start drinking 2-3 cups of spearmint tea everyday!**

Spearmint has shown to have a direct impact on reducing testosterone levels. Scientific studies have shown a reduction in elevated testosterone levels in women who had just 2 cups daily. All options below are great: Pukka brand contains a mix of 3 varieties of mint- (if you wanted a tea bag style)

<https://www.doorsteporganics.com.au/Three-Mint-Pukka-20-bags> Planet organics offer a straight spearmint too: <https://www.doorsteporganics.com.au/Spearmint-Tea-Planet-Organic-25-bags> Or you can buy organic loose leaf Spearmint tea from 'T2' or 'The Tea

Hut': https://www.theteahut.com.au/spearmint-leaf-tea-organic/?gclid=CjwKCAiA-9uNBhBTEiwAN3IINHsqGULibLKSJochFUHVapM5AZ9z5iTyfrdyFADVpckcvleA7G3qGxoCezMQAvD_BwE

- **Try some bone broth!**

An easy & yummy one to start with is the 'Best of the Bone- Ginger & Turmeric' one!

<https://theherbaldoctors.com/products/organic-turmeric-ginger-black-pepper-best-of-the-bone>. Try to have this first thing in the morning on an empty stomach, it is so soothing! Its like a chicken soup broth & feel free to add in more ginger or cinnamon for taste!

- **Please get some packs ready in the freezer for breakfast smoothies!**

Have some frozen fruit of choice (banana, berries, mixed fruit etc), with chia seeds, a scoop of peanut butter or macadamias with a serving of the Bio-Pure collagen protein i'm sending you! Have them in the clip seal bags & then all you will need to do of a morning is pop it along with some almond milk or coconut water into the blender & enjoy!

- **Please start salt flushing everyday.** See instructions above on how-to.



LIFESTYLE RECOMMENDATIONS

- ***Try to spend 10 minutes everyday with your shoes off & feet in the grass.*** This is called 'grounding'. It is a great way to support your nervous system & your cardiovascular system while also improving general wellbeing. As often as possible, you are to take off your socks and shoes and go outside barefoot. Whether it be your backyard, local park, beach ect it's about getting fresh air and connecting back with the outside world. Your immune system functions optimally when your body has an adequate supply of electrons, which are easily and naturally obtained by barefoot contact with the Earth. Research indicates that electrons from the Earth have antioxidant effects that can protect your body from inflammation and its many well-documented health consequences. For most of our evolutionary history, humans have had continuous contact with the Earth. It is only recently that substances such as asphalt, wood, rugs, and plastics have separated us from this contact.



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TREATMENT PLAN

A FEW TIPS

- *Make sure you are diligent with taking your supplements.*
- *Add a reminder in your phone to ensure you are taking your supplements 2-3x a day, or as directed above.*
- *Keep your supplements in a visible place (like on your bench top) to help with compliance.*
- *Please let me know once you are getting close to finishing any supplements so I can re-order for you.*

I hope you enjoy your individualised, custom made treatment plan. If you have any questions about prescriptions or recommendations, please contact me through the details below.

Please follow this bespoke plan as well as you can, and I look forward to supporting you on your journey to health!

*Your follow up is booked for:
14th of March at 11am (QLD time).*

Wishing you wellness,

Riannon



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