



Holistic Treatment Plan – Dympna Cullen

Initial consultation 14/01/2022

Practitioner: Melissa White

CURRENT HEALTH PRIORITIES

1. Hormone balance
2. Digestive symptoms

AIMS

- Investigate underlying drivers of gastrointestinal disturbance including parasites and SIBO.
- Identify and address potential dietary intolerances and nutritional deficiencies.
- Identify hormonal profile

ACTION PLAN

Homework

- Dr for a general check-up and to follow-up regarding parasite status. The following blood tests would be useful as a general screen on top of the general check-up bloodwork which is normally done, namely full blood count, fasting glucose/insulin, fasting lipids/HDL, liver enzymes, biochemistry.

Test	Reasoning
CRP / ESR	Inflammatory makers
Plasma zinc / serum copper / Ceruloplasmin	Check for zinc status – commonly low in vegan diets. Copper has an antagonistic relationship with zinc. Ceruloplasmin is a carrier and of copper
Iron studies	Commonly low in vegan diets
Active B12 /folate	MTFHR status, vegan diet
Homocysteine	MTFHR status, commonly low in presence of high histamine conditions including SIBO. Usually only thought of as a cardiovascular disease risk indicator.
Whole blood histamine	Methylation affects this, gastro-intestinal issues /diarrhoea, anxiety/depression, ADHD (neuroinflammatory link)
Day 21 Oestradiol, progesterone, sex hormone binding globulin, free testosterone	Hormone status to assess oestrogen levels & its relationship to other hormones during luteal phase (when it is the lowest level). PMS symptoms.

Diet

- Gradually reduce intake of high oxalate foods (cold turkey will cause an oxalate dumping) and assess whether it reduces the frequency and intensity of joint pain. We can test for oxalates; however, we can see whether this makes a difference.





- Increase your protein intake over the day. I have included a handout on vegan protein sources and a vegan wholefoods meal idea handout for some extra meal ideas.
- 2 Brazil nuts per day for selenium – thyroid health and inflammation management

Supplements – stop taking a minimum of 3 days before any blood tests

Treatment	Breakfast	Lunch	Dinner	Other
PRESCRIBED*				
Ostelin Vit D	2000IU			Have with fat soluble meal
Orthoplex White MagGI Restore	1 scoop			Alternate between taking the MagGI Restore and the prenatal. Don't take both on the same day. Take 2 hours away as Vit C interacts with absorption. Take earlier in the day to avoid too much stimulation before bedtime i.e. breakfast or lunch.
MTFHR group prenatal methyl	3 capsules			
Solgar gentle iron 25mg – bisglycinate				1 every second day
Homeopathic Coffea 30C				3 drops under tongue upon waking at night as required
Digestive - herbal tonic stimulate digestive secretions, antioxidant, anti-inflammatory		X – if not taking medication	X	2 dropperfuls in water 15mins before meals

*If there are any major changes to your supplements, medications, or life circumstances (i.e., pregnancy), please let me know to avoid interactions or any safety issues. If you have any adverse reactions, please stop and notify me as soon as possible.

Forward planning:

1. Undergo further functional tests and bloodwork as necessary.
2. Assess hormonal profile vs ADHD symptom presentation
3. Amend diet, lifestyle, herbal / supplements based on results.

