



18 December 2024

Dear Dr Janaki Sureshwaran,

Re: Follow-up Referral for Rebecca Alibrandi, DOB – 15 April 1984

Thank you for the recent pathology testing for Rebecca. The results have provided valuable insights into her health status.

I am writing to request additional testing in light of new information and findings, particularly the borderline positive Giardia result and Rebecca's diagnosed Gilbert's syndrome, which I understand can affect fat-soluble vitamin absorption and processing in addition to mood and energy fluctuations.

Current Relevant Findings:

- Borderline positive Giardia intestinalis (PCR)
- Gilbert's syndrome (diagnosed in childhood)
- Persistent low vitamin D (32nmol/L as of May 2024)
- Consistently low triglycerides (0.7mmol/L as of last test Dec 2024)
- Ongoing fatigue despite improved sleep
- Intermittent diarrhea and abdominal cramping

Clinical Considerations:

- Concurrent Gilbert's syndrome affecting bilirubin metabolism and detoxification
- Potential malabsorption issues suggested by persistent low vitamin D and triglycerides
- Active Giardia infection may further impact nutrient absorption and metabolism
- Ongoing fatigue despite improved sleep patterns
- Nearing perimenopause
- Family history of cardiovascular disease and osteoporosis.

Requested Additional Testing:

1. Infection Follow-up: Repeat Giardia PCR test
2. Fat-Soluble Vitamin Status: Vitamin A, E, K & repeat 25-OH Vitamin D
3. Mineral Status: Calcium, Zinc, Magnesium
4. Gallbladder Function

These additional tests will help guide appropriate treatment interventions, particularly regarding:

- Confirmation and potential treatment of Giardia infection
- Optimisation of fat-soluble vitamin status
- Support for Gilbert's syndrome
- Management of potential gallbladder dysfunction

I continue to work with Rebecca on dietary and lifestyle modifications to support her overall health. Thank you for your ongoing care of our mutual patient.

For full transparency I currently have her on the following supplementations on the next page.

Thank you for your consideration. Please contact me if you require any further information.

Kind regards,

Janaya Karloci
BHSc (Naturopathy)

Janaya Karloci

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 JANAYA KARLOCI
Naturopath

I, Rebecca Alibrandi have read the details outlined above and consent to share the information contained herein with the practitioner disclosed in this letter. I agree to pass this information on and for the outcomes to be returned to the consulting practitioner.

Signature:

Supplement	Dosage
15 minutes before breakfast	Herbal Formula (gentian & globe artichoke) - Take 10 drops Eagle Vitamin D Spray - Take 1 spray to the mouth
With Breakfast	BioMedica MagDuo Adapt - Take 1 scoop in water (every second day) Calcium D-Glucarate - Take 1 teaspoon mixed in water (fine to take this with MagDuo on those days - but take this one every day.) Ethical Nutrients, Mega Zinc - ½ of a tablet Spectrumceuticals SB - Take 1 capsule
15 minutes before lunch	Herbal Formula (gentian & globe artichoke) - Take 10 drops
With Lunch	Eagle Vitamin D Spray - Take 1 spray to the mouth
15 minutes before Dinner	Herbal Formula (gentian & globe artichoke) - Take 10 drops
With Dinner	Eagle Vitamin D Spray - Take 1 spray to the mouth Spectrumceuticals SB- Take 1 capsule