



Case summary and treatment plan for

Imogen Morgan





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Case summary

Your relatively stable moods (with transient changes) is encouraging.

The return of some gut symptoms may be related to dose of BioHeme or menstrual cycle - continue to monitor.

Make an appointment to check in, in approx 3-4 weeks, or sooner if you feel it is needed.

02 Treatment goals

No changes

1. Improve physical and emotional resilience to facilitate weaning from Lexapro
2. Support sleep quality, digestion (change iron supplement), and immunity
3. Begin nutritional pre-conception support
4. Assess diet for adequacy of nutrients needed to support mental health, in particular protein, and slow burning carbohydrates
5. Support optimal fertility and favourable uterine environment when ready to conceive

Stage 1

Enhance resilience to prepare for weaning from medication

Preconception support

Stage 3

Begin weaning from medication

Stage 5

Facilitate healthy pregnancy and prepare for possible mood changes during or after next pregnancy.

Stage 2

Assess diet quality and implement gradual changes where needed.

Stage 4

Monitor progress and make changes to treatment course when necessary

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Prescription - Diet and Lifestyle

Increase protein intake in diet to support healthy neurotransmitter production and function

Possible protein sources

- Eggs
- Legumes - beans, chick peas, lentils, hummus
- Nuts
- Quinoa
- Protein powder - look for a pure “whey protein concentrate” in your supermarket, pharmacy or health food store. Products with added vanilla/chocolate powder and non-sugar sweeteners are also fine. Protein powder can be mixed with oats/muesli or in a smoothie. Aim for 20g of protein from a single serving of protein powder - please reach out if you need help with this by sending me an image of the product’s nutritional information panel.

Recipe ideas for high protein bread attached - use plain unsweetened yoghurt in place of SCD yoghurt.

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Prescription - Supplements

Product	Dose	Rationale
Natal Care	2 capsules with breakfast or lunch	Nutritional pre-conception support
BioHeme	1 capsule daily with dinner	Nutritional pre-conception support - increase iron levels before next pregnancy. Use instead of, or after finished with maltofer.
Blackmores fish oil 1000	2 capsules twice daily with food	Omega 3 fatty acids for mood, immune and pregnancy support *Use until you have run out then switch to below formula*
"Omega Ease" OR "Blackmores Omega Double"	1 capsules twice daily with food	As above. Higher quality fish oil.
Mood FX	1 capsule daily	Contains saffron and probiotics which support mood and the gut microbiome. Primary support for weaning off Lexapro.
Mag duo	1 scoop before bed	Support mood and sleep quality
BicoZn	1 capsule with breakfast or lunch	Contains Zinc, which supports mood and immunity. Zinc intake is reduced in a vegetarian diet.

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Prescription - Daily routine

Product	Breakfast OR Lunch	Dinner	Before bed
Natal Care	2 capsules		
BioHeme		1 capsule	
Blackmores fish oil 1000	2 capsules	2 capsules	
"Omega Ease" OR "Blackmores Omega Double"	1 capsule	1 capsule	
Mood FX		1 capsule	
Mag duo			1 scoop before bed
BicoZn	1 capsule		

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Prescription - Other

1. Continue to follow the advice of your GP and psychologist