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Dr. Elizabeth Chong

UPPER MOUNTS MEDICAL CENTRE

98/108 Bathurst Rd, Katoomba NSW 2780

17th January 2022

Dear Dr. Elizabeth Chong,

RE: SANNA KATARIINA RAHIKAINEN (DOB: 12/08/1982)

Katariina presented for a Naturopathy appointment seeking support for postnatal nutritional optimisation, and gastrointestinal discomfort. I recommended Katariina have a general health check-up with her doctor, and have her nutrient levels assessed for potential nutritional deficiencies from her vegetarian diet and post-partum depletion (breastfeeding).

in addition to any general screening blood-work undertaken, the following tests would be useful to guide a nutritional programme:

- Haematology & iron studies –history of low iron, gastro-intestinal issues, allergies.
- Serum zinc, plasma copper, ceruloplasmin – history of low zinc to copper ratio. Poor healing wounds, gastrointestinal issues, immune issues, mood support. Low dietary intake.
- Active vitamin B12 & RBC folate – history of high MCV and MCH.
- Vitamin D – reduced sunlight exposure, breastfeeding, immunity.
- Iodine – breastfeeding.
- Magnesium – postpartum stress, vegetarian diet.
- ESR / CRP – inflammation status, suspected Sarcoidosis.

Thank you in advance for your consideration and review of Katariina's health concerns. If you have any queries or concerns, please do not hesitate to contact me.

Yours sincerely,

Melissa White BHSc.(Naturopathy), BSc.(Marine Biology/Zoology)Hons., Dip. (Metaphysics)