



Case summary and treatment plan for

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Contents

01 Case Summary

02 Treatment goals

03 Plan

04 Prescription

01

Case summary

The main concern is lack of improvement in menstrual pain.

We will swap out crampex and magnesium for anti-inflammatory and hormone modulating products.

Some other products can also be discontinued if you feel comfortable doing so, and your energy/motivation is maintained.

02

Treatment goals

1. Surgery recovery
2. Improve energy levels
3. Improve nutritional status - both protein and other dietary nutrients.
4. Mood and adaptogen support
5. Reduce menstrual pain and associated symptoms.

Stage 1

Improve energy

Reduce menstrual pain

Begin process of surgery recovery

Stage 3

Facilitate transition to healthy diet for long term weight maintenance

Support healthy blood sugar metabolism for long term weight maintenance

Stage 5

Maintain long term health.

Stage 2

Support digestion upon reintroduction of normal diet

Assess need for ongoing hormonal support for menstrual pain

Stage 4

Assess need for ongoing nutritional, menstrual and mood support

04

Prescription - Supplements

Product	Dose	Rationale
Silicum	2 flat scoops with food daily	Contain Silicon which is essential for healthy tissue and scar repair
Tissue regenex	3 tabs daily with food	Contains herbs which assist with healthy tissue and scar repair
Mag Duo Or CitraMag (2 caps = 1 scoop)	1 scoop daily with food (Increase to twice daily 1-2 days before and during menstruation)	Continue with current magnesium supplement or purchase Mag Duo. Magnesium helps with muscle relaxation, stress and mood support.
Cramplex	4 tabs twice daily 1-2 days before menstruation and until pain subsides).	Contains anti-inflammatory and muscle relaxant herbs. This only needs to be taken pre and during menstruation and not throughout the month.

04

Prescription - Supplements

Product	Dose	Rationale
Biotress	1 capsule twice daily	Multi-vitamin and Multi-nutrient complex to improve energy and provide nutrient repletion through time of dietary inadequacy.
Rhodiola Complex	1 capsule twice daily	Stress, mood and adaptogenic herbs for energy.
BicoZn	1 capsule daily	Continue with current zinc supplement or replace with BicoZn. Zinc helps with hormone modulation, moods, and tissue repair.
Protein Complete	1 or 2 scoops daily	High quality, digestible, and tolerable protein supplement.
Digest Forte	1 tablet immediately before main meals	Increases digestive secretions including enzymes and acids to support overall digestion.

04

Prescription - Daily routine

Highlighted products on next slide can be discontinued when you have used up your current supply and replaced with

Product	Dose	Rationale
PolyFem	2 capsules twice daily	Hormone modulating and used in traditional medicine to relieve menstrual pain.

04

Prescription - Daily routine

Product	With daily meal	Away from food.
Silicum		2 flat scoops
Tissue regenex	3 tabs	
Mag Duo OR CitraMag	1 flat scoop	1 flat scoop (before and during menstruation)
Cramplex	4 tablets (1-2 days before and during period)	4 tablets (1-2 days before and during period)
BioTress	2 Capsules	
Rhodiola Complex	2 capsules	
BicoZn	1 Capsule	
Protein Complete	As needed	As needed
Digest Forte	1 tablet with each meal.	
PolyFem	2 tablets	2 tablets

04

Prescription - Diet and Lifestyle

Complete a 3 day diet diary

Write down all foods and liquids consumed over the course of 3 days on a piece of paper, notes app or whatever is most convenient for you. Try and choose 3 days which covers the variety of foods you typically consume i.e try to separate out the days if you tend to eat leftovers for several days. The goal is to try to capture a broad understanding of your eating habits.

We will see the best outcomes if you are honest with your food diary. My job is not to judge your choices, but rather to educate and empower you to make the best choices for your long term health.

04

Prescription - Other

Except where mentioned in the prescription, it is optional to continue with your current supplements in my opinion.