



Case summary and treatment plan for

Mary Hajj





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Case summary

There appears to be a number of interrelated disease processes driving your symptoms and conditions. An underlying predisposition to depression and poor mental health is likely exacerbating your digestive symptoms. Altered digestive function can, in turn, impact moods and mental health.

Inflammation is likely a significant driver in your case. Inflammation may be playing a role in your depression, sinus dysfunction, migraines, high blood pressure and high cholesterol.

The focus of treatment will initially be to improve your most distressing and disabling symptoms while working on the underlying drivers.

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Treatment goals

1. Improve GIT symptoms associated with food intake
2. Reduce frequency and severity of headaches and migraine attacks
3. Improve moods and mental health
4. Increase resilience to stressors and emotional triggers
5. Reduce sinus inflammation to improve breathing and oxygenation
6. Support liver health

Stage 1

Improve digestive health

Reduce severity and frequency of migraines

Improve moods

Stage 3

Consider other underlying issues such as cognitive health

Stage 5

Maintain long-term health and support healthy ageing

Stage 2

Support sinus health and oxygenation

Stage 4

Assess drug therapy and opportunity for medically supervised discontinuation in order to reduce side effects.

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Prescription - Current supplements

Product	Instruction
Vitamin D	Continue 1 every 3 days. I can replace for you when run out.
Vitamin K	Continue daily. Alternative in prescription on next page for when it runs out.
Magnesium	Alternative in prescription on next page.
Fish oil	Stop using. Do not replace.
Super enzyme	Use up existing tubs but do not replace
Liposomal vitamin C	Use up existing tubs OR stop using. Do not replace.
CoQ10	Increase to twice daily
BioZinc	Continue
Ashwaganda	Use up existing tubs but do not replace

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Prescription - Supplements

Product	Dose	Rationale
PeptEase	Chew 1 tablet immediately before main meals	Support for the upper digestive system
PEA 600	1 capsule twice daily with food	Anti-neuroinflammatory to reduce severity and frequency of headaches and migraine
BioFlam	3 capsules twice daily with food	Anti-inflammatory to reduce sinus inflammation and inflammation of the cardiovascular system

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Prescription - Supplements Continued

Product	Dose	Rationale
Liquid Herbal Blend	See next page	Contains herbs for the nervous system, liver and sinus inflammation.
CitraMag	2 capsules daily with food	Support for cardiovascular system, migraines and mental health
Vitamin K2 180	1 Capsule daily	Support for the cardiovascular system

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Prescription - Liquid herbs

How to take your liquid herbs

Shake the bottle before each use. Measure 7.5ml into the provided measuring cup. Top up with water and drink immediately. Follow with fresh water to remove taste.

You may find this easier to consume before a meal to further clear the taste.

Take the mixture twice a day with food.

Your first bottle will last 2 weeks. Check in with me 1 week after first starting the bottle, to allow time for re-ordering the mixture, so that you can continue without a treatment break.

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Prescription - Daily routine for new products

Product	Breakfast	Lunch	Dinner
PeptEase	Chew 1 tablet	Chew 1 tablet	Chew 1 tablet
PEA 600	1 capsule		1 capsule
BioFlam	3 capsules		3 Capsules
CitraMag			2 capsules
Vitamin K2			1 Capsule
Liquid Herbs	7.5ml		7.5ml

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Prescription - Other

Continue all recommendations and prescriptions from GP and other specialists