



# Case summary and treatment plan for

Sharon





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# 01

## Case summary

Amongst a background of long-term digestive issues, a number of recent health and emotional challenges appears to have impaired your resilience and significantly reduced your wellbeing. Currently, the most pressing symptoms are related to your recent flu-like illness including, sore throat, blocked ears and severe fatigue.

Post-viral symptoms are common and usually resolve on their own, however given some of your other recent health challenges, it is warranted to provide some support to ensure the recovery process is swift and complete.

## 02

## Treatment goals

1. Reduce post-viral symptoms
2. Increase energy and resilience
3. Monitor recurring styes and provide additional targeted support if needed.
4. Promote healing and reduce pain in shoulder
5. Improve sleep quality
6. Address long-term digestive issues

If there is anything that you feel has been missed, please make note of it to discuss at our next appointment.

**Stage 1**

Address immediate concerns  
- post-viral symptoms.

Begin background digestive  
support.

**Stage 3**

Assess and address diet quality  
for best long term outcomes

**Stage 5**

Consider need for further  
support

- Sleep quality
- Styes
- Ongoing pain related  
to injury?

**Stage 2**

Continue to promote recovery  
and energy.

Begin more intensive  
treatment for long-term  
digestive issues.

**Stage 4**

Assess need for further testing and  
follow up with GP - coeliac disease?

## 04

## Prescription - Supplements

Product	Dose	Rationale
Adalase	Chew 2 tablets twice daily <b>after</b> food	Supports immunity, reduces inflammation and helps to clear blocked ears.
VegeNAC	2 capsules twice daily	Helps to clear excess mucous. <b>*increase dose slowly - see note on last page*.</b>
Imrex	2 capsules twice daily with meals	Supports immunity and recovery from acute infections.
PeptEase	Chew 1 tablet <b>before</b> main meals	Supports the health of the upper digestive system

## 04

## Prescription - Daily routine

Product	Breakfast	Lunch	Dinner
Adalase	Chew 2 tablets (after breakfast)		Chew 2 tablets (after dinner)
VegeNAC	2 capsules		2 capsules
Imrex	2 capsules		2 capsules
PeptEase	Chew 1 tablet	Chew 1 tablet	Chew 1 tablet

## 04

## Prescription - Other

Continue to use Digest Forte and Cramplex only if needed.

Adalase and PeptEase may both be taken before meals. However when taken together, the flavours in the chewable tablets can become unpalatable. PeptEase is best taken before meals - therefore I have suggested to take Adalase after meals. If you do not find the mixing of flavours bothersome, then there is no issue with simplifying the prescription and consuming all supplements immediately before eating.

### **\*VegeNAC Dosing\***

Increase the dose of VegeNAC slowly.

On the first day - start with 1 capsule daily

On day 2 - consume 1 capsule twice daily

On day 3 - consume 2 capsules with breakfast and 1 capsule with dinner

On day 4 and thereafter - consume 2 capsules twice daily.