



05/01/24

## **TREATMENT PLAN – Ebony Chambers**

Congratulations on taking steps toward better health! These recommendations are made following our consultation and are individualised for you. I encourage you to commit to the dietary and lifestyle modifications and take any prescription consistently and as directed for optimal results. If you have any questions or require further clarification or support, please do not hesitate to contact: [shelley@ellohealth.com.au](mailto:shelley@ellohealth.com.au)

### **PRIMARY FOCUS:**

Improve immune health post covid.

### **TREATMENT GOALS:**

- Improve immune function and reduce latent viral load post covid by ensuring supply of nutritional cofactors and improving electrolyte balance impacted by medication [zinc, beneficial gut bacteria, electrolytes, magnesium].
- Support sleep and stress response for healing and increased energy.
- Investigate further nutritional depletions via pathology testing.

### **DIETARY MODIFICATIONS**

- Ensure you are drinking at least 2L filtered water / day. Add an additional 500mL-1L if you are excessively hot or exercising – if you need recommendations of good quality water filters let me know. Add in a pinch of the electrolytes to your water bottle in the morning to help with your sodium balance and hydration.

- Look at including some fermented food in your diet. Sauerkraut, kimchi, kefir, kombucha, good quality yogurt (Jalna – Biodynamic is good) – this will improve the diversity of your gut bacteria.
- Try to get in some protein within an hour of waking and coffee with or after food to reduce the impact on your cortisol and stress response. Coffee in an empty stomach isn't great for a busy/anxious mind.
- Include some more fish in your diet to increase your omega-3 fatty acid intake, think SMASH (salmon, mackerel, anchovies, sardines, herring) which are small cold-water fish or anything you can get that is fresh and locally caught.
- Add some bone broth to your diet to support your gut health – My fav brands that you can add to your vital.ly order are: Gevity Body Glue (I often get the natural as its plainer for Vali but the other flavours are great too), Nutra Organics – Chicken Bone Broth Original & the mayo I was talking about is Gevity Bone Broth Sauce.
- Do not drink water at the same time as you eat as this dilutes digestive enzymes. Have 15 mins before or after meals if you can.

## **LIFESTYLE RECOMMENDATIONS:**

**Physical Activity:** Keep up with your exercise bike and try to get in some outside exercise, walks around the point when you are in Southend etc.

**Stress Management:** Consider talking to someone, meditation, breathing exercises (box breathing – Step 1: Breathe in, counting to four slowly. Feel the air enter your lungs. Step 2: Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds. Step 3: Slowly exhale through your mouth for 4 seconds. Step 4: Repeat steps 1 to 3.

**Sleep Hygiene:** Try to limit screens before bedtime (have them set to night-time mode so they will dull down after 7pm) and turn down all lights / out lamps on etc). Consider looking into a pre bed meditation to calm your mind and have your magnesium before bed to help you relax.

## NUTRITIONAL MEDICINE PRESCRIPTION:

BRAND / PRODUCT	BREAKFAST		LUNCH		DINNER		BEDTIME
	Dose		Dose		Dose		
	Before	During/ After	Before	During/ After	Before	During / After	
<b>Metagenics – CalmX</b>  2 level scoops (12.7 g) twice daily in 200 mL water		2 x scoops					2 x scoops
<b>Metagenics – Ultra Flora Intensive Care</b>  1 capsule twice daily – This product contains <i>Saccharomyces Boulardii</i> a probiotic yeast strain that reduces candida infiltration (so helps reduce thrush) plus strains to boost immune function.  * We can change to the other brand after.		1 x capsule				1 x capsule	
<b>Eagle Clinical – Zinc Protect</b>  1 tablet daily (always take zinc away from any iron tablets as they complete for absorption)  ** Feel free to finish what you have if you like and then order this.		1 x tablet					
<b>Ancient Lakes – Essential Electrolytes</b>  Add ½ - 1 teaspoon to water bottle or glass of water with lemon (tastes salty at first but after a while you start to love it) – this wil support your hydration and is important as your medication depletes your sodium and electrolyte balance.	** Add a big pinch to morning water bottle and have extra in the afternoon if you have been in the sun or extra busy at work.						

\* We will add to this depending on your pathology results.

\*\* If you have any immune flares or start going backwards (get another sore throat etc) – contact me, as we can get you are herbal tincture for acute support or some medicinal mushrooms to directly improve immune function.

## **Referrals / Investigations:**

Discuss the following with your GP:

**Pathology testing** – E/LFT, FBC, 25-hydroxy-vitamin D, Iron (including ferritin), B12 & Thyroid testing (ask for a full panel with T3/T4 and antibodies but they will likely just test for TSH – [explain that you have had low mood, hair falling out, weight issues, cold feet].

\* If you can't get these done I can order for you, they just aren't covered by Medicare so get what you can with your GP.

\* Consider discussing Mental Health Care Plan for subsidised counselling. I found this company where you can access online appointments with the Medicare subsidy  
<https://www.mymirror.com.au/medicare/bulk-billing-psychologists/>

## **Follow-up Consultations:**

Let's chat again in a few weeks after your GP appointment.

All the best,

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**'ello Health**

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Much love Eb, hope this helps xx