

## **TREATMENT PLAN 1 – 11.9.22**

### **TILDA SOMERS**

As discussed in our consultation, our plan of treatment involves addressing the immediate symptoms so that you begin to feel better initially, and then working on boosting immunity to avoid further illness.

This treatment plan aims to:

- Address post viral fatigue by enhancing mitochondrial function and reducing oxidative stress.
- Manage HPA axis dysfunction to prevent further immune suppression and cognitive fatigue.
- Address sleep dysregulation to prevent further inflammatory mediators impeding subsequent cellular energy production.

## **PRESCRIPTION**

DFH Ubiqu-Evail Ubiquinol – 1 x150mg capsule morning and afternoon.

- Required for mitochondrial function diminished during viral infection, increasing energy levels, and reducing pro-inflammatory cytokines present during and post Covid19.

Orthoplex White MagTaur XCell – ½ to 1 scoop in at least 200ml water in the afternoon (if taking iron in the morning), otherwise take MagTaur in the morning.

- Magnesium orotate will help to 'boost' the Ubiquinol supplementation action and a co-factor for energy production. Restoration of magnesium in the body often left depleted during times of stress, infection, and used in multiple body systems and co-factors for energy, general health, nervous system support and wellbeing.

## **FOOD AS MEDICINE**

### **DIET**

To restore your energy and assist recovery, it is important to eat enough protein. Protein provides the building blocks for the body to function. When feeling fatigued it is natural to want to go for a quick sugary, processed snack to get that instant hit of energy, but on the other side of that is the energy drop that comes shortly after. This makes you want to reach for another snack and then another and so on.

This yoyo effect creates more fatigue in the long run and can increase inflammation and lead to blood glucose/insulin problems in the future. Amino acid depletion can contribute to virus related fatigue.

After being unwell, people often revert to normal eating once they are feeling better, however, it is important to 'wipe out' some of the negative things left behind – free radicals, oxidative stress etc – to bring the body back to balance. The ubiquinol, being an antioxidant will help with this, but it is important to get a lot of the good plant chemicals found in fruit and vegetables by 'eating the rainbow'. Try and eat a wide variety of different coloured fruits and vegetables, especially the red ones as they have anthocyanins which are also great for elimination through the liver. Include berries, red cabbage, purple carrot, purple potato, beetroot etc.

The Mediterranean diet consists of vegetables inc green, leafy veg; fruit, nuts, seeds, nut butters, legumes, whole grains, fish, seafood, moderate amounts of chicken and eggs, dairy and extra virgin olive oil and healthy fats; fresh herbs and spices. Foods that are limited include red meat, sugar, refined carbohydrates, processed meats, trans and saturated fats, and highly processed foods. Beverages of choice are water, tea, some coffee and 1 glass red wine. Here is a link to some more information

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0032/946049/cardiac-meddiet.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0032/946049/cardiac-meddiet.pdf)

Instead of fish you could substitute tofu, tempeh, beans, lentils etc.

#### FOOD SUGGESTIONS

1. Try to incorporate protein into each meal/snack. This will help stabilise your blood sugar levels maintaining energy. You need approx. 1 – 1.2 grams of protein per kg of body weight. Some examples: eggs, natural or high protein yogurt, legumes, nuts, seeds, chicken, cheese, tofu/tempeh.
2. Try and choose wholefoods, wholegrains, and increase plant foods esp. vegetables and legumes. Aim for 5-10 serves of veg and 2 serves of fruit per day.
3. Reduce refined carbohydrates, high sugar, high saturated fat containing foods.
4. Breakfast:  
Whilst you have little appetite to eat in morning, it is still very important to fuel your body for the morning ahead. Instead of an Up and Go, try making a smoothie with it or with milk of your choice, add some berries/banana, high protein yogurt or protein powder and a small drizzle of honey. Sip on it on the way to work if it is too much for your tummy initially.

<https://www.prevention.com/food-nutrition/a20499756/20-super-healthy-smoothie-recipes/>

Chia puddings with nut butter and/or berries, cacao nibs, cinnamon etc. are not very heavy and easy to digest in the morning. Make ahead of time.

<https://feelgoodfoodie.net/recipe/3-ingredient-chia-pudding/>

5. Lunch ideas:

**Nourish Bowl** – add vegetables or salad ingredients to a container, add a protein such as chickpeas, chopped cooked chicken, hard boiled eggs or pan fried tofu. At lunch, slice some avocado, add a microwaveable cup of brown rice, or rice/quinoa mix and sprinkle over some toasted pumpkin and sesame seeds. Drizzle some lemon juice/apple cider vinegar, olive oil, salt and pepper to taste. High in protein, fibre and a good hit of healthy omega 3 fatty acids.

**Frittata recipe** – sent as attachment. Can be made on the weekend.

**Sushi** – when buying sushi, try and get some with brown rice instead of white.

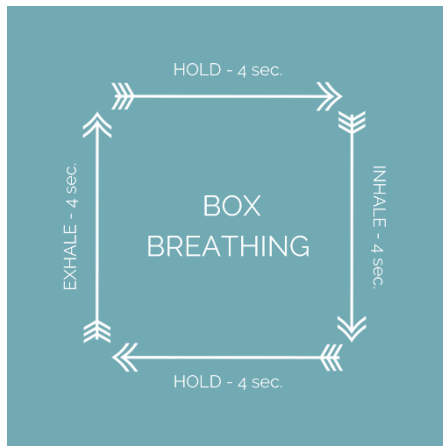
**Sandwiches** – swap out white bread for wholegrain or multigrain varieties.

**Soup** – make a bulk amount of vegie soup and freeze in portion sizes. Add lentils etc to “fill” out the soup.

6. Snack ideas: Nut butter or hommus and vegie sticks, fresh fruit. Natural yogurt and berries. Chia pudding. Rice cakes, rice crackers with avocado, tomato, ricotta.
7. Maintain hydration by drinking 2 litres of water per day. Teas – nettle, chamomile, lavender, ginger; broths and tea all count towards your fluid intake. Or you could add some fruit, lemon, or mint to your water.
8. An easy way to get a start on the days ahead is when you get back from the shopping, chop up veg etc and freeze or pop into the fridge so that they are ready to go when you are hungry to make a meal or snack on etc.
9. Get groceries delivered and/or get a box of organic fruit and veg delivered each week to reduce the need for Uber Eats as much. Some sites to look at: [organicease.com.au](https://www.organicease.com.au) in Brunswick, Farmers Pick, Ceres, Biviano's. Or your usual grocery store.

## LIFESTYLE

1. Ensure you are eating mindfully. Sit up to the table, chew your food thoroughly and remove distractions like television. It is best to consume any drinks away from your food as this can dilute valuable digestive secretions and may affect nutrient absorption. Remain upright for 15-20 minutes after eating to aid peristalsis. <https://www.nutritionist-resource.org.uk/memberarticles/mindful-eating-a-tool-to-fix-your-digestive-problems>
2. Breathing technique to aid relaxation. Box breathing – sit quietly and upright. Try and breathe as deeply as possible. INHALE for 4 seconds, HOLD for 4 seconds, EXHALE for 4 seconds, HOLD for 4 seconds. Repeat as needed.



3. Infra-red sauna, sweating, hot bath to encourage elimination channels. Drink plenty of fluids with this.
4. Schedule some time each day or so to relax. Write in a journal, download an app like Calm or Insight Timer (they have some sections for free), listen to favourite music, do some of your doll sewing.
5. Add some light stretching into your day. This will encourage energy even if you don't feel like it.
6. When time permits with assignments – SLEEP. If having trouble going back to sleep, pop Calm or Insight Timer on for 10 minutes.
7. REST – when needed.

**Follow-up** – 2 -3 weeks.

Please let me know if you have any questions.

*Karen x*