Increased Platelet Production

Carica Papaya Leaf Extract (CPLE)

Foods rich in Vitamin A
Active form of ATRA

- Fish Oil
- Beef Liver
- Cheese
- Spinach
- Red Capsicum
- Broccoli
- Eggs
- Carrots
- Butter
- Pumpkin
- Sweet Potato
- Green Onions
- Sea Buckthorn
- Red Caviar

Foods rich in Tryptophan
Melatonin is derived from Tryptophan

- Lean Chicken
- Lean Turkey
- Lean Pork Chops
- Salmon
- Beef
- Firm Tofu
- Milk
- Oats
- Boiled Soybeans
- Squash and Pumpkin Seeds
- Eggs

Peanut Skin Extract

Foods rich in BCAA
Branched-Chain Amino Acids

- Beef Mince
- Chicken Breast
- Whey protein powder
- Salmon
- Eggs
- Beans & Lentils
- Low fat milk
- Greek yoghurt

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Reduce Bleeding

Foods rich in Vitamin C

- Oranges
- Lemons
- Grapefruit
- Capsicum
- Strawberries
- Kiwi fruit
- Tomatoes
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- White potatoes

Foods rich in Vitamin K

- Avocado
- Green apples
- Green grapes
- Honeydew melon
- Kiwi fruit
- Pears
- Limes
- Rocket
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Green beans
- Celery
- Cucumber
- Kale

Foods that can impair platelet function*

*Based on clinical results

- alcohol
- garlic
- onions
- tumeric
- cumin
- fenugreek
- tamarind
- gingko biloba
- ginseng
- fish oil
- St John’s Wort
- chamomile

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Immune System

Autoimmune Protocol

Remove:

- Processed food
- Packet food sauces incl. tomato sauce
- Sugar
- Coffee
- Tea
- All dairy
- All grains incl. rice & quinoa
- Selected nuts & seed spices
- Soft drinks
- Alcohol
- Eggs
- Sweets and baked goods
- Nightshade vegetables incl. tomatoes, potatoes, eggplant & capsicum
- Breakfast cereal

Add:

- Vegetables excl. nightshades
- Fruit
- Meat
- Chicken
- Fish
- Organ meats
- Fermented foods
- Herbs & spices incl. ground cinnamon, ginger and turmeric, fresh thyme, rosemary, mint and basil, dried marjoram, & sea salt
- Broth
- Kefir
- Vinegar

Anti-inflammatory diet

- Berries
- Broccoli
- Avocado
- Capsicum
- Grapes
- Mushrooms
- Tomatoes
- Turmeric
- Green tea
- Green leafy vegetables
- Extra virgin olive oil
- Dark chocolate

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Symptoms & Side Effects

Corticosteroids

Reduce:

- Caffeine
- Spicy and greasy foods
- Sugary drinks and food
- Calorie-dense foods

Increase:

- Melatonin to assist sleep
- Foods rich in calcium & vitamin D
- Fresh fruit and vegetables
- Healthy balanced diet

Fatigue

Continue to investigate.

- Thyroid dysfunction
- Reduced fitness
- Poor sleep quality
- Muscle weakness
- Iron deficiency
- Mental Health

Serotonin

- 90% of the body's serotonin is stored in platelets.
- Tryptophan foods can help increase serotonin levels.
- Carbohydrates help to get tryptophan into the brain.

IVIg

- Stay hydrated
- Avoid dehydrating drinks like caffeine & alcohol

Iron deficiency

- Iron + vitamin C supplements
  - Note: Homeopathic iron products have low dose
- Intravenous Iron Infusion

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