



# Case Study Group Program

Session Notes

## SESSION#1 8.11.2022

What to expect from this coaching  
the importance of staying connected with me in between our sessions together  
using the body as a guide: what did you learn from that quiz?  
The scale, why it's important and how we will use it  
have a copy of the PNP: any questions? Concerns?  
PERSONAL: iron levels?

Mom #2:

- hard questions; moderate
- heartburn with onions/garlic, will try leeks instead
- lab work in Nov. but unsure of ferritin levels

Mom #1:

Didn't show; had baby!

## SESSION#2 8.30.22

Mom #1: 3rd week; husband went back to work (home) so things are harder with 3 boys

gluten the other day; dairy in something the other day

sense that time, baby is work...

intrusive thoughts last week, checking him; recognized it, naturopathic postpartum  
remedies/tinctures for baby blues; 3 days of them

headaches, tight neck...



haven't been following the meal plan.  
not very hungry but eating well.

3 miscarriages before him

### SESSION#3 9.7.22

Mom #2: having meals planned is so helpful. physically more comfortable. skin is better. fat has helped. PP rage flaring: gluten. Grace = toddler; emotional stability and emotional control.

Mom #1: focusing on soups for ease. family here since last conversation, mom made soups and teas. very clear nutritional eating and emotional eating. Gets easier. Oreos addiction but had a few, felt foggy, and overwhelmed. keep it simple.