

MADELEINE WHYTE
NUTRITIONIST & HERBALIST



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Treatment Plan

Primary concerns	• Anxiety and stress—an elevated baseline level of stress/anxiety has been experienced since birth of son 9 years prior. • Sympathetic nervous system (aka ‘fight or flight’) dominance. • Consistently feeling ‘tired and wired’, difficulty napping, often experiencing a jolt of adrenalin.
Other health areas identified	• PMS symptoms of headaches, period pain, anger/irritability, night hot flushes and breast tenderness. • Generalised abdominal pain—unknown cause, manifests as a dull ache.
Contributing factors	• Work and family—the mental load of running a family and also working three days per week. • History of EBV at 14 years old.
Positive health features	• Daily meditation practice • Regular movement • Great dinners featuring animal protein and veggies
Naturopathic Understanding	<i>When the sympathetic nervous system is dominant, our body is responding to perceived danger. It reacts by flooding our system with cortisol and adrenalin, our heart rate increases and blood flows to our arms and legs, preparing our body to run and escape!</i> <i>This is beneficial when we need to escape danger however, our body can’t tell the difference between running away from a vicious dog for example, and a stressful day at work. It is the same response.</i> <i>When we are in this state, non-essential functions are impaired. All</i>

	<i>digestive secretions and our capacity to absorb nutrients are reduced. This can result in bloating, abdominal pain and nutrient deficiencies.</i> <i>The long-term increase in cortisol and adrenalin also sees a disruption in our hormones as is evident in your PMS and night sweats.</i> <i>Our goal is to move you from sympathetic nervous system dominance (fight or flight) to parasympathetic dominance (rest and digest). This will be done through herbal, nutritional and lifestyle changes.</i> <i>We also want to assess any underlying causes of your anxiety including nutrient deficiencies such as iron, thyroid conditions and hormonal imbalances.</i>
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Treatment

Treatment Goal	Strategies
Reduce symptoms of anxiety and stress	• Increase protein consumption—Protein provides the building blocks needed for our 'feel good' neurotransmitters (serotonin, dopamine and GABA). Ensure that <u>each meal</u> has a source of protein—see meal ideas below. • Stabilise blood glucose levels (see below)—When we get a drop in blood glucose levels, this increases our stress hormone cortisol and can also lead to feelings of anxiety. • Reduce excitatory neurotransmitters (eg. Glutamate) by avoiding the following foods: MSG, artificial colours and processed meats with nitrates and preservatives.
Stabilise blood glucose levels	• Add <u>protein and fat to each meal</u>. Most importantly at breakfast. See meal ideas below. • <u>Clothing carbs</u>—always pair any carbohydrate e.g., bread, pasta, fruit, vegetables with a source of protein and/or fat. This reduces the glycemic index of a meal and stabilises blood glucose levels. Your dinners are great however your snacks and breakfast have room to be more balanced. • Buy a good quality seeded sourdough (see below). Keep in freezer for a quick base for a meal.
Reduce bloating and abdominal pain	• Ensure you are in a relaxed state before eating to support digestive secretion release and support nutrients being broken down and absorbed. • Before eating, take a few deep breaths, perhaps do a 2 minute mini-meditation or put some music on if that relaxes you.

Supplementation

Supplement Name	Treatment Objective	Dose
Ultramuscleze night	- Support healthy stress response - Enhances GABA (Inhibitory neurotransmitter).	1 scoop 1 hour before bed
Mediherb Nerviton Calm	- Reduce cortisol levels - Reduce anxiety - Enhance GABA, dopamine and serotonin. - Reduce abdominal pain and bloating.	Start with 1 tablet in morning and if tolerated work up to 3 daily. 1x breakfast 1x lunch 1x dinner
Bioceticals Calm Bursts	- Reduce cortisol levels - Reduce anxiety - Enhance GABA, dopamine and serotonin. Note: these can make your tongue numb for a short period of time	Take only when extra support is needed at times of increased stress and anxiety. Take 1-3 daily. Pop in mouth and chew.

Next Consultation

Please visit your GP to discuss blood pathology and the following symptoms:

- Anxiety
- Generalised abdominal pain
- Dizziness
- Low energy
- Cold hands and feet
- Night sweats
- PMS

Meal Ideas

These meal ideas are aimed at stabilising your blood glucose levels to leave you feeling more 'grounded', while also providing enough nutrients for neurotransmitter production.

Upon waking (in place of your milk coffee biscuits)	• Apple and nut butter • Rice cake with nut butter • Berries and a handful of nuts/seeds • If you still are really wanting your coffee milk biscuits, try adding some nut butter on top.
Breakfast	• Egg and bacon little muffin you mentioned. • 1 slice good quality sourdough toast with nut butter and thin spread of Davidson plum jam. • Pancakes—quickly blitz small handful of oats, 1 egg, ¼ banana and pan fry in coconut oil. • French toast—soak 1 slice of sourdough in 1 egg and a dash of cinnamon until absorbed. Pan fry and enjoy with a small drizzle of maple syrup. • Porridge—1/2 cup rolled oats, grated apple, cooked in almond milk, stir through an egg yolk at the end until just cooked and add frozen berries until defrosted and warm. Optional extras: hemp seeds, coconut yoghurt, 1 tbs nut butter and a very small drizzle of maple if you need to entice her a little more. • Boiled egg, avo on sourdough toast. • Left over dinner eg meat and vegetables
Lunch	• Mountain bread wrap with grated carrot, avocado, nitrate free ham (see shopping list below) and hummus. • Buckwheat pasta spirals with tuna (plain in olive oil), cherry tomatoes and olives. • Salad and cheese roll with extra protein e.g. can of tuna, boiled egg, nitrate free ham. • Leftovers

Dinner	• Chicken or lamb roasts with roast vegetables and simple salad • Sushi bowls use salmon, snapper or tuna instead. • Chicken and vegetable soup with buckwheat pasta spirals (below) • Bolognese on red lentil pasta spirals (see below) with vegetables in sauce (eg. Celery, onion, carrot, zucchini, mushroom) • Fish and chips—pan fried fish with sweet potato and/or potato baked chips • Nachos- organic Macro corn chips, Mexican spiced mince, guacamole, tomato, cucumber salad, corn. • Pete Evans butter chicken recipe served with Basmati rice. Kids love this recipe!
Snacks	• Banana slices topped with dollop of nut butter • Hummus and vege sticks • Celery sticks with peanut butter • Rice cake and nut butter plus piece of fruit • Aldi paleo bar and popcorn • Smoothie: frozen banana, almond milk, hemp seeds, frozen berries, nut butter • Rice cake with nitrate free ham (below) and avo

Supermarket purchases to keep on hand for easy meals. These are all additive free!

Woolworths

- Organ buckwheat spirals
- Mountain bread wraps
- Cocobella yoghurt pouches
- Nutty Bruce nut milk
- John West wild Alaskan salmon tinned
- Brunswick tinned sardines in olive oil
- D'orsogna nitrate-free ham (can be purchased in slices or a larger ball to be sliced)
- San Remo red lentil pasta
- Pipel hummus
- Macro corn chips Original
- Peanut butter with ingredients as only peanuts (no added vegetable oils or sugars).
Normally there is always one on sale
- Ceres Organic rice cakes and rice crackers
- Cleavers organic sausages
- Cleavers organic hot dogs
- Macro organic chicken drumsticks
- Macro organic mixed frozen vegetables
- Macro ABC, almond or cashew butter
- The Happy Snack Roasted fava beans
- Ceres organic coconut wafer rolls
- Macro olives

Aldi

- Paleo bars
- Almond spread
- Organic pitted olives

Health food stores eg. Go Vita and Seed and Husk

- A good quality seeded sourdough eg. Almond Road, Ancient Grains, Bread Social.