

MADELEINE WHYTE
NUTRITIONIST & HERBALIST



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Treatment Plan

Primary concerns	<ol style="list-style-type: none">1. Continue to support stress and anxiety.2. Support the breakdown and absorption of nutrients3. Increase iron stores4. Reduce abdominal pain5. Monitor heavy periods
Naturopathic understanding	<p>I'm really happy with your progress since our last consult. Your anxiety appears to be improving and you're doing a lot better handling stress. Your energy levels are also up, which is amazing!</p> <p>We are going to continue to work on increasing your iron stores, and we'll see how things are going after you finish the second bottle of iron. We want to check out how it's impacting your menstrual cycle, so we can adjust our treatment plan accordingly.</p> <p>We're going to continue to focus on supporting your digestion to make sure you're absorbing all the nutrients. We don't want your iron stores to drop again, so it's essential that we work on this.</p> <p>Optimising your nutrient absorption will in turn support you mood, energy and overall wellbeing.</p>

Treatment Goal	Strategies
<p>Enhance production of hydrochloric acid in the stomach to effectively breakdown food (most importantly protein).</p>	<ul style="list-style-type: none"> • Eat something bitter 15 minutes before a meal eg. Rocket, radicchio, dandelion greens, grapefruit (a small shot of diluted apple cider vinegar or lemon juice has the same effect). This initiates the release of digestive secretions and promotes the breakdown and passing of food through the GI tract. Support digestion • Don't drink large amounts of water close to or during mealtimes (avoid at least 15 minutes before and after eating). If needed, small sips of room temp or warm water can be had during meals. Too much liquid will dilute digestive secretions and impair digestion. • Create a nice environment when you eat. Put some nice music on, listen to a podcast, eat with good company, take a moment to relax.
<p>Enhance absorption of nutrients, most importantly iron, b12 and zinc</p>	<ul style="list-style-type: none"> • Chew food well! Take your time to chew food properly. • When you feel like your digestion is not optimal eg. Bloating, slugging etc. opt for gently cooked food, warm, soft foods. For example, soups, stews, slow cooks, steamed veg, fish etc. During this period avoid raw veg, meat cooked on high heat and too many grains. These foods are hard to break down and digest. • Try using a slow cooker a couple of times per week. Throw in some meat and vegetables and cook long and slow. Slow cooking food makes it so easy for our body to break down the food and absorb the nutrients. See meal ideas below.

Supplement Name	Treatment Objective	Dose
Biomedica Bioheme Iron	<ul style="list-style-type: none"> • Increase iron stores 	1 capsule every second day (this is more effective than taking daily).
RN labs Sublingual Hydroxy-B12	<ul style="list-style-type: none"> • Increase iron stores • Support normal stress and cognition through healthy neurotransmitter production. • Support energy production. 	1 lozenge every second day. Dissolve under tongue.
L-theanine	<ul style="list-style-type: none"> • Increase GABA levels, the primary inhibitory neurotransmitter. • Reduce stress, anxiety and overwhelm. 	Do not take with benzo Diazepam 1-2 scoops daily in water. You can have an extra scoop during periods of high stress.
Mediherb Nevaton Calm	<ul style="list-style-type: none"> • Reduce cortisol levels • Reduce anxiety • Enhance GABA, dopamine and serotonin. 	½ tablet morning and evening. Increase if you feel the need.
Bioceuticals Calm Bursts	<ul style="list-style-type: none"> • Reduce cortisol levels • Reduce anxiety • Enhance GABA, dopamine and serotonin. <p>Note: these can make your tongue numb for a short period of time</p>	Take only when extra support is needed at times of increased stress and anxiety. Take 1-3 daily. Pop in mouth and chew.

Simple dinner ideas—protein and iron rich. These aren't set recipes so have a play around. They are here to give you ideas on what you can quickly whip up with what you've already got!

One pan bake trays—serve these with a simple side salad

- **Sheet Pan Baked Chicken Thighs with Vegetables:** Toss chicken thighs with chunks of whatever veg you have on hand e.g. zucchini, tomato, green beans, onions etc. Drizzle with olive oil and season with thyme, garlic, and salt. Bake until the chicken is cooked through and the vegetables are tender.
- **Roasted Pork with Sweet Potatoes and Green Beans:** Place pork on a sheet pan with cubed sweet potatoes, potato, onion and green apple. Drizzle with olive oil and season with rosemary, garlic, and salt. Bake until the pork is cooked through and the vegetables are tender.
- **One-Pan Baked Fish with Asparagus and Cherry Tomatoes:** Place fish fillets on a sheet pan with asparagus and cherry tomatoes. Drizzle with olive oil and season with lemon juice, dill, and salt. Bake until the fish is cooked through and the vegetables are tender.
- **Sheet Pan Baked Organic Sausage and Brussels Sprouts:** Cut sausage into pieces and place on a sheet pan with halved Brussels sprouts. Drizzle with olive oil and season with smoked paprika, garlic, and salt. Bake until the sausage is cooked through and the Brussels sprouts are tender.

Quick omelette/ frittatas

- **Garden Vegetable Omelette:** Sauté a mixture of diced bell peppers, onions, zucchini, and mushrooms in a skillet until tender. Beat eggs with a splash of milk and pour into the skillet. Cook until the eggs are set. Fold the omelette in half and serve.
- **Mediterranean Omelette:** Sauté a mixture of diced red bell peppers, cherry tomatoes, onions, and olives in a skillet until tender. Beat eggs with crumbled feta cheese and pour into the skillet. Cook until the eggs are set. Fold the omelette in half and serve.

Healthy pasta ideas—alternate pastas to increase variety eg. Red lentil, buckwheat, wheat etc.

- **Tuna and Tomato Pasta:** Drain a can of tuna and toss with diced tomatoes, cherry tomatoes, and a drizzle of olive oil. Mix with the cooked pasta and sprinkle with chopped parsley.
- **Spaghetti and Meatballs:** Purchase Macro organic meatballs from Woolworths. Simmer meatballs in a tomato sauce. Serve the meatballs and sauce over the cooked spaghetti.

Simple slow cooked meals

- **Slow Cooker Beef Stew:** Brown beef stew meat in a pan. Add the beef, carrots, onions, potatoes, and beef broth to a slow cooker. Add thyme, bay leaves, and salt and pepper to taste. Cook on low for 6-8 hours until beef is tender.
- **Slow Cooker Chili:** Brown ground beef in a pan. Add the beef, canned tomatoes, black beans, kidney beans, chili powder, cumin, and garlic powder to a slow cooker. Cook on low for 6-8 hours. Top with shredded cheese and sour cream before serving.
- **Slow Cooker Moroccan Lamb:** In a slow cooker, add lamb, onions, garlic, tomatoes, chickpeas, dried apricots, and a Moroccan spice blend. Cook on low for 6-8 hours or until the lamb is tender.
- **Slow Cooker Chicken Soup:** Add chicken breast, chopped carrots, celery, onions, garlic, chicken broth, and thyme to a slow cooker. Cook on low for 6-8 hours until chicken is cooked through and vegetables are tender.