



naturally anew

www.Naturallyanew.com

dina@natuuallyanew.com | 0409 770 430

Romi Burman's

Treatment Goals (short-term)

1. Reduce bloating **via** supporting complete food breakdown, digestion, absorption and assimilation to reduce fermentation.
2. Support energy levels and general wellbeing **via** optimising nutrient cofactors for energy production and electrolyte balance.
3. Support mood & sleep **via** boosting calming neurotransmitters to promote deeper sleep patterns and reduce stress and anxiety.

Treatment Goals (long-term)

1. Reduce bloating and constipation **via** identifying and balancing microbiome.
2. Reduce bloating **via** supporting intestinal integrity and reducing gastric inflammation.
3. Reduce constipation **via** reinforcing stool composition and peristalsis conditions.
4. Enhance energy levels **via** supporting immune health and viral clearance.
5. Boost mood & motivation **via** strengthening gut and neural health to encourage neurotransmitter balance (serotonin, GABA, dopamine ++)
6. Support sleep **via** maintaining calming neurotransmitters to promote deeper sleep patterns and reduce stress and anxiety.

Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<p>Enterozyme by Biopractica</p> <p>\$48.97</p> <p>(Product received in consult)</p> <p>1 bottle = 1 month supply</p>	<i>Gentian Luteana</i> Gentian	Bitter herbs stimulate the release of bile from the liver and gallbladder increase the time that food spends in the stomach macerating in the stomach acid to break food particles into smaller, more easily digestible pieces; and increase intestinal mobility and function so that nutrients are absorbed, and waste products are eliminated in a more efficient way.	Take 1 tablet 15 minutes before meals, 3 x a day.
	<i>Zingiber officinalis</i> Ginger		
	<i>Ananas comosus</i> Pineapple	Contains bromelain, an enzyme which can help break down proteins in the digestive system, reducing fermentation and improving overall digestion.	

Further comments: If you notice any symptoms like heartburn when taking these, take closer to food 5 minutes before. If still experiencing symptoms take as you start eating. Try and be consistent and record any changes you notice, to discuss at next appointment.

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>AlkaMin Calm by Orthoplex White</p> <p>\$42.35</p> <p>1 bottle = 3 week supply</p> <p>Ordering options:</p> <p>1. Pickup from Me (will take a few days, will notify you when arrives).</p> <p>2. Order online directly to you from vital.ly, shipping may apply. If you choose this option I will set up a patient account for you and you can order whenever you have a script from me directly from them.</p>	<p>Magnesium</p>	<p>Energy, Stress & Anxiety: Magnesium is a cofactor for the primary energy currency of the body and supports the conversion of food into energy at the cellular level. Magnesium helps regulate stress hormones maintaining steady energy. It helps balance neurotransmitters in the brain particularly GABA, calming the central nervous system, reducing stress and anxiety. IBS-M: Magnesium reduces constipation through smooth muscle relaxation and osmotic softening of stool promoting regular bowel motions</p>	<p>Take 1 scoop of powder, in approximately ½ cup of water, the morning, with breakfast.</p> <p>Take 1 scoop of powder with water in the evening, after dinner.</p>
	<p>Minerals: Calcium, Potassium, Zinc, Selenium, Chromium, Molybdenum</p>	<p>Electrolyte balance: These charged ions help regulate essential bodily functions, including fluid balance, nerve function, muscle contraction, and maintenance of proper pH levels. Maintaining the right electrolyte levels is essential for hydration, particularly with POTS where electrolytes, particularly sodium and potassium, are critical for preventing blood pressure drops when transitioning from sitting or lying down to a standing position, which is a hallmark of POTS.</p>	
		<p>In therapeutic doses, Glycine acts as a natural sedative. reducing nerve activity in the</p>	

	Amino Acids: Glycine, Taurine	brain promoting relaxation and reducing the time it takes to fall asleep, while also improving the quality of sleep by increasing non-REM (rapid eye movement). Taurine plays a role in modulating neurotransmitters, such as dopamine, serotonin, and GABA which are essential for mood regulation and emotional well-being.	
	Vitamins: C, K, B2, B1, B3, B5, B6, B7	These vitamins participate in metabolic processes, such as energy production, blood clotting, and the metabolism of carbohydrates, proteins, and fats, helping to maintain a stable and well-functioning internal environment in the body.	

Further comments: If it is sometimes difficult to take this powder with food in the morning, due to scheduling, eating on the run, you can try and take it before eating and see if there are any reactions (like nausea or upset stomach), many people can tolerate taking this before food. Remember, to experience best results, consistency is key. You should start to see some sort of balanced and calming effect within a few days.

Diet

Intervention	Instruction	Intent
<p>Increase water intake (3L)</p>	<p>Aim for 3L of mineral water daily. Room temperature water is ideal as it causes the least stress on the body and requires minimal additional adjusting of the organs to temperature variations, conserving your cellular energy for 'important' things.</p> <p>Drinking while in a sitting position also supports ideal water ingestion and flow to the stomach.</p> <p>Avoid drinking alot with meals, try only drinking small sips if needed and drink majority of water around meals.</p>	<p>Water is important not only to flush out your system for daily environmental toxin exposure but it also supports most processes in the body including cellular, circulatory, temperature regulation and importantly digestive function.</p> <p>It is also one (of many) crucial factors in preventing and alleviating constipation; increasing stool bulk and consistency, and easing the passage through the intestines.</p> <p>In POTS, adequate hydration helps maintain blood volume and blood pressure stability.</p> <p>Monitor your hydration status by paying attention to your urine. Clear or pale yellow is a sign of good hydration. Note, upon awakening it is expected that urine is a stronger yellow colour, diluting further throughout the day.</p>
<p>Include more low FODMAP fibre</p> <p>(1 portion a day)</p>	<p>The Australian Dietary Guidelines recommends approximately 25g of fibre per day, minimum, with Naturopathic ideal levels ultimately at 38g/day. Most people do not acheive this.</p> <p><u>See attached low FODMAP fibre guide</u> and try to include 1 additional fibre portion to the diet each day.</p>	<p>Fibre has many functions in the body improving stool consistency and passage. Many good quality fibres are also prebiotics, which act as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity. They can also be fermented by this beneficial bacteria to produce short-chain fatty acids (SCFAs) which, amoung other things, reduce gastric infflamation and support barrier integrity.</p>

It is important to ***start slow*** when introducing more fibre into the diet.

Please record any changes in gut symptoms you may notice after introducing any foods so we can discuss at the next appointment.

In a future appointment we will likely explore a dedicated low FODMAP fibre powder with proven ingredients to support ultimate gastrointestinal function in people with IBS, improving bloating and stool frequency.

Lifestyle

Intervention	Instruction	Intent
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Self Care

After the drama of the last few months of your life it is natural that some regular activities have become “irregular”.

The interventions prescribed in this session are also aimed to help you motivate and get you 1 step closer to feeling yourself again. Once you do pick up your energy, mood and sleep a little, get back into some active activities you enjoy like daily walks, pilates, and baking.

Self care that priotises stress reduction, a balanced diet, exercise, sleep and other healthy habits are essential for maintaining the health of the gut-brain axis.

For fun, I’m including some yoga moves that are targeted for reducing bloating. I am not sure if you have done alot of yoga but apps like DownDog: Yoga are quick and gentle and a surprisingly easy way to feel better from your bedroom.



Further Testing:
Pathology
(through GP)

1.Vitamin D: *I am not sure if this tests has been done previously, but I could not find this marker on any blood tests. When you are next at the doctor, you can possibly*

Vitamin D has been linked to mood regulation, and its deficiency has been associated with symptoms of low mood, depression and anxiety.

request this test, they will usually do it for you. This is not an emergency, but just a note for next time.

There is some early research on PMDD and PMS showing that a high proportion of sufferers exhibit low Vitamin D levels, and supplementation may be beneficial.

PMDD is thought to be related to hormonal fluctuations in the menstrual cycle, and vitamin D may interact with hormones involved in the regulation of mood and

2. Serum B12: *I saw in the comments of the pathology reports that this test was requested, but I could not find the results in the included pages. I am not sure if you have that somewhere, if you do I would love to see that. If you don't, again, next time you see a doctor or GP you can request these results (as it seems you did get tested during your August blood tests).*

B12 deficiency can lead to symptoms such as fatigue, weakness, and cognitive impairments.

Sublingual supplementation, under the tongue, has been shown to quickly bring up levels and energy with it.

Functional
Testing
(through
Naturopath
only)

MetaXplore GI by Co-Biome
\$489 (30% off sale for my patients until Nov 18th) =
= \$343

You can let me know at your next appointment or anytime via phone/email whatever you decide.

This is an optional complete microbiome mapping test, if you choose. This is not mandatory and we can work together if this is not done it just may take more time and we may not truly get to the complete root cause of the issue. We can definitely offer relief regardless with a more generalised approach to gut repair and support.

This comprehensive report will include diagnostic GI health markers, complete microbiome diversity and species including bacteria, fungi, parasites (many more than the 3 shown on your blood test) and archaea detection. Microbial metabolite markers including short-chain-fatty-acids and methane.

With this comprehensive information from a high-tech laboratory in Australia backed by the most recent scientific research I can offer targeted diet, supplements and lifestyle insight. If you choose to do this test, based on a stool sample, I will receive results approximately 28 days after receipt.

Next appointment

I'd like to see Romi again in 3 weeks (7th-9th November).

Appointment Goals:

- Discuss immune history further, and look at supporting complete viral clearance, and supporting energy levels.
- Discuss diet and food intolerances as IgE on blood test was highly elevated showing hypersensitivity, focusing on identifying underlying factors contributing to the immune system's heightened response.
- Gastric inflammation was also identified when reviewing endoscopy report, decide next steps for supporting gastrointestinal integrity.
- Discuss Functional Gut testing, decision can be made then on how to proceed.
- Review changes since supplement introduction.
- Review how Romi is feeling, her goals and how I can further support her.

Pectin is a prebiotic fibre which is well tolerated in patients with IBS³

2–3 servings/day of low FODMAP fruits or 5–10 g/day fruit fibre may help to reduce IBS risk or prevent IBS flare-up. Allow 2–3 hours between each fruit serving to avoid over-loading the gastrointestinal system and to confirm the effectiveness of any specific fruit.³

Table 1: High pectin and low FODMAP foods^{6,19}

Food Source	FODMAP serve	Pectin/ serve
VEGETABLES		
Kale, fresh, cooked	½ cup, chopped (75g)	1.04
Endive, fresh	7 leaves (75g)	0.90
Parsnip, fresh, cooked	1 medium (75g)	0.87
Collard greens, frozen, cooked	1 cup, chopped (75g)	0.79
Carrot, canned, cooked, or raw	1 medium (75g)	0.64
Broccoli, cooked or raw or frozen	¾ cup heads only (75g)	0.63
Swede, fresh, cooked	1 cup diced (75g)	0.62
Brussels sprout, frozen, cooked	2 sprouts (50g)	0.58
Eggplant, fresh, cooked	1 cup (75g)	0.47
Beans, green, or yellow wax, canned, cooked, or raw	15 beans (75g)	0.46
Cabbage, green or red, raw	¾ cup (75g)	0.43
Swiss chard, fresh, cooked	1 cup, chopped (75g)	0.43
Okra, frozen, cooked	7½ pods (75g)	0.41
Kohlrabi, fresh, cooked	½ cup, chopped (75g)	0.37
Bok choy, fresh, cooked	1 cup (75g)	0.35
Radish, red or white, fresh	4 radish (75g)	0.30
FRUITS		
Papaya, fresh	1 cup, chopped (140g)	1.00
Orange, fresh, Florida, navel, Temple, Valencia	1 medium (130g)	0.89
Mandarin, fresh	2 small, peeled (125g)	0.89
Kiwi fruit	2 small, peeled (150g)	0.59
Grapefruit, fresh, with membrane	1/3 cup (80g)	0.56
Banana	1 medium (112g)	0.49
Avocado	1/8 whole avocado (30g)	0.35
Rhubarb, fresh, cooked	1 cup, chopped (150g)	0.33
Olives, black or green with pimento	15 small olives (60g)	0.30
Rockmelon, fresh	¾ cup (120g)	0.30
NUTS		
Peanut butter, crunchy	2 tablespoons (50g)	0.47
Peanuts	32 nuts (28g)	0.40