



**naturally
anew**

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Jamie Mains #2

Treatment Goals (short-term)


1. **Dampen inflammation** *via* supporting liver health, intestinal permeability and microbial balance to support digestive function and reduce histamine response and reactivity
2. **Support digestive function** *via* invigorating digestive secretions and bile production to encourage complete digestion, absorption and assimilation of macro and micronutrients
3. **Regulate immune function** *via* supporting mast cells and anti-inflammatory mediators to reduce allergy symptoms and newfound consistent reactivity
4. **Support sleep, energy and motivation** *via* supporting the hypothalamus-pituitary-adrenal (HPA) axis, reducing SNS (Sympathetic Nervous System) dominance, balancing cortisol, and boosting calming neurotransmitters to promote deeper sleep patterns and reduce stress.
5. **Support natural contraception** *via* cycle tracking to provide options outside pharmaceuticals

Treatment Goals (long-term)


1. Reduce chronic inflammation to reduce 'allergic' reactivity and improve food tolerance
2. Optimise liver and gallbladder function to reduce toxic burden
3. Support GIT health to increase and maintain nutrient retention
4. Maintain energy levels to support mood, motivation and continued health

Treatment Plan

Herbal

Product	Prominent Herbs	Intent	Instruction
<p>Iberogast (liquid) by Flordis</p>  <p>Purchase from Chemist Warehouse</p> <p>This is a great way for us to try and introduce herbs back in to your life. It’s a very diluted gentle herbal mix to stimulate digestion.</p>	<p><i>Iberis amara</i> Bitter candytuft</p> <p><i>Angelica archangelica</i> Angelica Root</p> <p><i>Matricaria chamomilla</i> Chamomile</p> <p><i>Carum carvi</i> Caraway</p> <p><i>Melissa officinalis</i> Lemon balm</p> <p><i>Mentha x piperita</i> Peppermint</p> <p><i>Silybum marianum</i> St Mary's Thistle</p> <p><i>Chelidonium majus</i> Greater celandine</p>	<p>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.</p> <p>Digestive herbs can help alleviate bloating, gas, and indigestion by soothing the gastrointestinal tract and promoting healthy digestion. Additionally, these herbs may also possess anti-inflammatory properties, potentially reducing discomfort associated with digestive issues.</p> <p>Liver herbs can promote bile production, aiding in the digestion and absorption of nutrients. Additionally, these herbs possess hepatoprotective properties, helping to shield the liver from damage, facilitating detoxification</p>	<p>Take 20 drops in water right before meals.</p>

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>MagTaur XCell (powder) by Orthoplex White</p>  <p>\$49.95 through <u>Vital.ly</u> or pickup Small size to try out first</p>	<p>Magnesium Orotate Glycine Taurine Vitamin C Zinc Glutamine</p> <p>B Vitamins: Thiamine (B1) Riboflavin (B2) Nicotinamide (B3) Calcium pantothenate (B5) Pyridoxine (B6) Activated folate Hydroxocobalamin (B12)</p>	<p>This formula combines bioavailable minerals with activated vitamins to provide foundational nutrients to support energy production and the healthy function of nervous and immune systems.</p> <p>Magnesium is an integral cofactor for energy production. It supports the conversion of food into energy at the cellular level, and is essential in regulating the HPA axis, balancing stress hormones and neurotransmitters (GABA) and supporting sleep.</p> <p>B-Vitamins are essential for every function in the body, supporting antioxidant pathways and protecting against inflamamtion, to name a few. Insufficient levels are associated with stress, low mood, poor sleep, mental and physical fatigue.</p> <p>Taurine & Glycine, amino acids, support the nervous system modulating neuronal excitability, improving sleep quality, alertness and cognitive function.</p>	<p>Take 1 scoop daily, with water</p> <p>Take in the morning, or early afternoon.</p>

Product	Hero ingredients	Intent	Instruction
<p>Gut-R (powder) by Orthoplex White</p>  <p>\$73.80 through Vital.ly or pickup</p>	<p>Glutamine</p> <p><i>Curcuma longa</i> Turmeric</p> <p>Quercetin dihydrate</p> <p>Retinol acetate (Vitamin A)</p> <p>Zinc carnosine</p>	<p>Heals gut damage by providing fuel for intestinal mucosal cells and hepatocytes, rapidly increasing cells of the immune system and protecting cells against stresses during normal and pathogenic conditions.</p> <p>Potent broad spectrum anti-inflammatory and antioxidant that promotes beneficial bacterial strains and improved intestinal barrier function.</p> <p>Antihistamine and Antioxidant support with drainage and detoxification effects on unwanted pathogens and toxins. Also shown to protect the gut from damage.</p> <p>Helps regulate lining tissue in the gut and skin offering mucus membrane support, positively altering microbial composition, and improving immune function.</p> <p>In this composition, zinc regulates intestinal immunity supporting intestinal integrity, acts as an anti-inflammatory and mucosal cytoprotectant.</p>	<p>Start by taking 1/4 of a scoop mixed with water to test tolerability.</p> <p>Build up to 1 scoop of powder in water with your evening meal.</p> <p>* After a few weeks,when I see you again we will review increasing the dose.</p>

Product	Hero ingredients	Intent	Instruction
<p>* Probiotica Clinical (powder) by Mediherb</p>  <p>\$56.36 through Vital.ly or pickup</p>	<ul style="list-style-type: none"> • <i>Bifidobacterium bifidum</i> (W23) • <i>Bifidobacterium lactis</i> (W51) • <i>Bifidobacterium lactis</i> (W52) • <i>Lactobacillus acidophilus</i> (W37) • <i>Lactobacillus brevis</i> (W63) • <i>Lactobacillus casei</i> (W56) • <i>Lactobacillus salivarius</i> ssp. <i>salivarius</i> (W24) • <i>Lactococcus lactis</i> (W19) • <i>Lactococcus lactis</i> (W58) 	<p>Targeted probiotic blend aimed at improving intestinal barrier function and supporting a healthy immune system. These strains have been shown in clinical settings to not only positively influence gut integrity, but immune function as well, reducing allergic reactivity by inhibiting mast cell activation, and inflammation by stimulating anti-inflammatory IL-10 secretion and decreasing lipopolysaccharide (LPS) endotoxicity load.</p> <p>It has also been shown to reduce susceptibility to suboptimal mood, and support general health and wellbeing after 4 weeks of treatment.</p>	<p>Take 1 sachet in lukewarm water or milk/alternative every morning or night on an empty stomach.</p>

* This intervention is optional. If you want to go “full on” for the first month, as we discussed.

Safety & Adverse Reaction Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and contact Naturally Anew dina@naturallyanew.com/0409770430. I will get back to you as soon as possible to discuss the situation with you.
- In the case of an emergency, contact your GP or emergency service.
- Please keep all medication out of reach of children.

Overall Protocol

Including adjustments to previous prescriptions

Morning/Night (empty stomach)

- Biome Iron Probiotic (if still have this, you can finish before starting new probiotic)
- Take 1 sachet Probiotica Clinical

Morning, right before breakfast:

- Take 1 x Rapid D
- Take 1 x Sublingual B12
- Take 1 scoop of MagTaur

Breakfast: Take 20 drops of Iberogast at beginning of meal.

Lunch: Take 20 drops of Iberogast at beginning of meal.

Dinner: Take 20 drops of Iberogast at beginning of meal.

Evening, around dinnertime

- Take 1 scoop Gut-R

Shopping list

1. Iberogast | Chemist Warehouse | \$29.99
2. MagTaur XCell | Vital.ly | \$49.95
3. Gut-R | Vital.ly | \$73.80

Optional


1. Probiotica Clinical | Vital.ly | \$56.36

Ordering options:







1. Pickup from Me (will take a few days, will notify you when arrives).
2. Order online directly to you from vital.ly, shipping may apply.

Regardless, I will set up these products in your patient account and you can order whenever you have a script from me directly from them.

Diet

Intervention	Instruction	Intent
Anti-inflammatory Diet	See Attached Pamphlet for full details, short summary below.	Keeping the inflammation down in your body during this time where your immune system is hyper-reactive aims to help contribute to an environment aimed to reduce breakouts while we do the deeper work on your gut and immune system.
		
Turmeric Latte	<p>I'll include some nice turmeric latte mixes on your Vital.ly account which include warming spices like ginger as well.</p> <p>It's also a great option to order when out in a cafe and want to drink something and still feel good afterwards!</p>	As you have ready above, there are many benefits to the herb Turmeric including anti-inflammatory and antioxidant benefits. Enjoying warming herbs and spices in a hot drink is often an enjoyable, satisfying way to add to our overall health.

Lifestyle

Intervention	Instruction	Intent
Menstrual/ Birth Control Tracker	<p>Check out these apps:</p> <ul style="list-style-type: none">Natural Cycles App (paid) <p>who claim they are 93% effective compared to other birth control methods.</p> <div><div><p>HORMONAL</p><div><div><p>93% Contraceptive Pill</p></div><div><p>93% Vaginal Ring</p></div><div><p>99% Hormonal IUD</p></div></div><div><p>NON-HORMONAL</p><div><div><p>93% Natural Cycles°</p></div><div><p>87% Condom</p></div><div><p>99% Copper IUD</p></div></div></div><p>This graphic was taken from the Natural Cycles Website.</p><ul style="list-style-type: none">Ovia Fertility & Cycle Tracking App (Free)</div></div>	<p>Using birth control apps as a natural birth control method is known as family awareness method (FAM).</p> <p>Using these apps are essentially a detailed period tracker so you can avoid intercourse or use other protection during your most fertile period - ovulation.</p> <p>There are different statistics comparing the effectiveness of these apps to condoms and other birth control methods, but it is agreed that the likely reason for a slightly lower score is due to user error and variance in menstrual cycles (irregular cycles usually).</p> <p>As a general rule, this method will be most effective for people with regular periods.</p>

Next appointment

I'd like to see you again approximately 3.5 weeks to review the effects of the treatment and reassess.

After that we should be able to remain on a stable protocol for 6 weeks until next review.

Future Appointment Goals:

- Follow up on your sleep, energy levels, allergic reactions, bloating, menstrual cycle and mood.
- Review treatment protocol and track changes
- Make adjustments to treatment protocol and setup for next 6-8 weeks.