

## **Treatment Plan for FAYE JACKSON**

**Date :** 05.08.24



**Patient Health Priorities :** Reduce muscle cramping / improve muscle relaxation. Improve gastrointestinal function. Reduce perimenopause symptoms. Improve sleep.

### *Short term*

- Reduce reflux and improve stool consistency by optimising gut health (improve barrier function, reduce inflammation, improve microbiome) through nutritional supplementation and dietary strategies
- Reduce muscle cramps by replenishing electrolyte minerals through nutritional supplementation
- Improve perimenopause symptoms (reduce hot flushes, support vaginal epithelium, support libido) by optimising hormonal function through herbal medicine, dietary changes and lifestyle strategies
- Improve sleep by reducing nervous system overactivity, reducing muscle cramps and hot flushes using herbal medicine and lifestyle strategies

### *Long Term*

- Decrease blood pressure to reduce the risk of cardiovascular disease
- Reduce risk of osteoporosis (increased due to perimenopause, hysterectomy and nutrient deficiency)

**Follow up appointment :** 2 weeks to assess progress, reassess symptoms, and repeat herbal (with or without changes). Then 4 weeks to assess completion of gut treatment, and assess symptoms.

## Nutrition Overview for FAYE JACKSON

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Include the following foods...		Target
<b>Water</b>		2L/day
<b>Healthy fats</b>	Fatty fish - salmon, mackerel, anchovies, sardines, herring; flaxseed/linseed, chia seeds, walnuts, olive oil, eggs,	

Eliminate or limit the following foods...	
<b>Saturated Fat</b>	fried foods, dairy products, coconut oil, butter, takeaway foods, bakery goods, commercial biscuits and crackers, fat on meat, ghee, lard, palm oil, sausages, cured meats, ice cream, milkshakes, chocolate
<b>Seed oil</b>	Eliminate - Canola oil, sunflower oil, corn oil, safflower oil, grape-seed oil, rice bran oil, cottonseed oil, sesame oil,
<b>Reflux Triggers</b>	Banana, alcohol, coffee, stress, vinegar, tomato, citrus etc
<b>Caffeine</b>	Eliminate caffeine (including tea and coffee) after 12pm

*Track your intake using the Easy Diet Diary app (free download)*

## Prescription Overview for FAYE JACKSON

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PRESCRIPTION	Breakfast	Lunch	Dinner	Bedtime
Herbal Prescription	7.5mL		7.5mL	
Herbal Prescription (SLEEP)				5-15mL
GIT Immunobiotic	1.5 teaspoons in water <b>1 hour before or after food</b>		1.5 teaspoons in water <b>1 hour after food</b>	
MagOpti Cell	1 scoop in water with breakfast			

*Herbal and nutrient prescriptions are individualised to your own health factors. They should only be taken by the person they are prescribed for. Please advise your naturopath if you commence a new pharmaceutical medication as this may change your herbal/nutrient prescription.*

### Other reminders:

- Avoid caffeine after lunch. Wait until after breakfast to have your 1st coffee :)
- GIT Immunobiotic and MagOpti Cell are available via Osborne Health (you will receive an email with your prescription)

### Testing Recommendations

- Gut/microbiome testing – can be considered if any symptoms remain after gastrointestinal treatment is completed
- FSH – GP already testing this one? Please forward results when you have them :)

## Detailed goals and rationale for FAYE JACKSON

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HEALTH GOAL	RATIONALE & INFO	DOSE
<b>Optimise water intake to 2L per day to support hydration and bowel function</b>	Improve bowel function by increasing water intake to normalise stool consistency and transit times (which will improve hormone elimination)	<b>2L per day</b>
<b>Decrease dietary saturated fats to reduce inflammation and improve microbiome</b>	<p>Excess saturated fats stimulate NF-κB signalling to increase inflammatory cytokines. Saturated fats negatively alter microbiome by decreasing diversity, gram-negative species and short chain fatty acid production, while increasing pathogenic species.</p> <p>Reduction of saturated fats:</p> <ul style="list-style-type: none"><li>• reduces LDL cholesterol, total cholesterol and lowers with risk of cardiovascular events</li><li>• Improves gastrointestinal microbiome diversity and short chain fatty acid production, leading to a reduction in inflammation</li><li>• May lead to a small reduction of body weight</li></ul> <p>Saturated fats are found in fried foods, dairy products, coconut oil, butter, takeaway foods, bakery goods, commercial biscuits and crackers, fat on meat, ghee, lard, palm oil, sausages, cured meats, ice cream, milkshakes, chocolate</p> <p>Research: <a href="https://doi.org/10.1093/advances/nmz125">https://doi.org/10.1093/advances/nmz125</a> <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7388853/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7388853/</a></p>	

<p><b>Optimise intake of intake of healthy fats to provide energy, reduce inflammation, protect heart health and brain health</b></p>	<p>Include these sources of essential fatty acids in your diet on a regular basis:</p> <ul style="list-style-type: none"> <li>• flaxseed/linseed</li> <li>• chia seeds</li> <li>• walnuts</li> <li>• Hemp seeds, hemp seed oil</li> <li>• Olive oil</li> <li>• Fatty fish – salmon, mackerel, anchovies, sardines, herring</li> </ul> <p>Increase Omega-3 intake by inclusion of fatty fish of 2-3 serves per week, with a serve being 150g. Select fish high in Omega-3, including mullet, salmon (Atlantic or Australian), mackerel, sardine, rainbow trout, bream or silver perch.</p> <p>Research: <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7875671/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7875671/</a>  <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6117694/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6117694/</a> <a href="https://doi.org/10.1111/j.1753-4887.2010.00287.x">https://doi.org/10.1111/j.1753-4887.2010.00287.x</a></p>	<p>Aim for 2-3 serves (150g) of fish per week</p>
<p><b>Reduce sugar intake to reduce inflammation and improve blood glucose levels</b></p>	<p>Reduce sugar – the high-dose fructose you get from desserts, honey, fruit juice, and dried fruit. There is no need to reduce fruit, as the fructose in fruit is lower dose and whole fruit contains fibre to slow the spike in blood sugar from fruit.</p>	

<b>GIT Immunobiotic</b>	<p>GIT ImmunoBiotic is a low-excipient, FODMAP friendly gastrointestinal formula containing glutamine, slippery elm, pectin and a clinical dose of 5 billion CFU <i>Saccharomyces cerevisiae</i> (<i>Boulardii</i>) per 5g serve. This formulation has been carefully selected to support gastrointestinal health. Additional benefits include immune function support, while slippery elm is included for its traditional application in Western herbal medicine to soothe irritated tissues and GIT mucous membranes.</p> <ul style="list-style-type: none"> <li>• Helps maintain healthy acid/alkaline balance in the body</li> <li>• Supports the healthy function of the immune system</li> <li>• Supports gastrointestinal tract health</li> <li>• Supports healthy GIT function while travelling</li> <li>• Ulmus rubra is traditionally used in Western herbal medicine as a demulcent to soothe irritated tissues and GIT mucous membranes</li> </ul>	<p>Take 1.5 teaspoons mixed into water, twice daily</p> <p><b>Store in fridge</b></p>
<b>MagOpticell</b>	<p>A quality combination of easily absorbable forms of magnesium, activated B vitamins, including pyridoxal 5-phosphate, riboflavin sodium phosphate and folinic acid, along with amino acids, trace minerals and mitochondrial nutrients. Orthoplex Green MagOpticell offers a unique formula to help support the cardiovascular and nervous systems, along with muscle health and energy production.</p> <ul style="list-style-type: none"> <li>• Supports healthy nervous system function</li> <li>• Maintains healthy bones and teeth</li> <li>• Helps to support healthy cardiovascular system function</li> <li>• Supports energy production</li> <li>• Supports muscle function and nerve conduction</li> <li>• Supports bile production</li> </ul>	<p>Take 1 scoop in water, once daily</p>

<b>Herbal Prescription</b>	<p>To protect the cardiovascular system and reduce blood pressure</p> <p>To support hormonal transition through perimenopause, improve libido and vaginal tissue integrity, to reduce hot flushes</p> <p>To relieve arthritic symptoms and reduce muscle spasms</p> <p><i>Crataegus monogyna, Actaea racemosa, Asparagus racemosus, Tribulus terrestris</i></p>	Take 7.5mL twice daily in a little water
<b>Herbal Prescription SLEEP</b>	<p>To improve sleep, reduce hot flushes, calm muscular tension</p> <p><i>Zizyphus jujuba, Eschscholzia californica, Scutellaria lateriflora</i></p>	Take 5-15mL at bedtime in a little water
<b>Other recommendations:</b>	<ul style="list-style-type: none"> <li>• Olive &amp; Bee Intimate Cream (personal lubricant) \$22.95</li> <li>• Topical Vaginal treatment to restore vaginal epithelial integrity can be considered if vaginal symptoms do not improve after commencing with herbal prescription \$55.00</li> </ul>	