

Treatment Plan for FAYE JACKSON

Date : 22.08.24



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

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 and kidney dysfunction
- Reduce risk of osteoporosis (increased due to perimenopause, hysterectomy and nutrient deficiency)

Follow up appointment : 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
Water		2L/day
Healthy fats	Fatty fish - salmon, mackerel, anchovies, sardines, herring; flaxseed/linseed, chia seeds, walnuts, olive oil, eggs,	
* Phytoestrogens	Soy products - tempeh, tofu, miso Legumes - chickpeas, lentils, red kidney beans, alfalfa, mung beans, split peas Seeds & Nuts - flaxseed, sesame seed, sunflower seed	2 tablespoon linseed per day (freshly crushed)
Energy		

Eliminate or limit the following foods...	
Saturated Fat	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
Seed oil	Eliminate - Canola oil, sunflower oil, corn oil, safflower oil, grape-seed oil, rice bran oil, cottonseed oil, sesame oil,
Reflux Triggers	Banana, alcohol, coffee, stress, vinegar, tomato, citrus etc
Caffeine	Eliminate caffeine (including tea and coffee) after 12pm
* Salt	Less than 2g per day
* Licorice	Tea, confectionary, herb

* added to new plan

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

Prescription Overview for FAYE JACKSON

Date : 22.08.24



PRESCRIPTION	Breakfast	Lunch	Dinner	Bedtime
Herbal Prescription	7.5mL		7.5mL	
Herbal Prescription (SLEEP)				5-15mL
GIT Immunobiotic	1.5 teaspoons in water 1 hour before or after food		1.5 teaspoons in water 1 hour after food	
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

Date : 22.08.24



HEALTH GOAL	RATIONALE & INFO	DOSE
Optimise water intake to 2L per day to support hydration and bowel function	Improve bowel function by increasing water intake to normalise stool consistency and transit times (which will improve hormone elimination)	2L per day
Decrease dietary saturated fats to reduce inflammation and improve microbiome	<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">• reduces LDL cholesterol, total cholesterol and lowers with risk of cardiovascular events• Improves gastrointestinal microbiome diversity and short chain fatty acid production, leading to a reduction in inflammation• May lead to a small reduction of body weight <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: https://doi.org/10.1093/advances/nmz125 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7388853/</p>	

<p>Optimise intake of intake of healthy fats to provide energy, reduce inflammation, protect heart health and brain health</p>	<p>Include these sources of essential fatty acids in your diet on a regular basis:</p> <ul style="list-style-type: none"> • flaxseed/linseed • chia seeds • walnuts • Hemp seeds, hemp seed oil • Olive oil • Fatty fish – salmon, mackerel, anchovies, sardines, herring <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: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7875671/ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6117694/ https://doi.org/10.1111/j.1753-4887.2010.00287.x</p>	<p>Aim for 2-3 serves (150g) of fish per week</p>
<p>Reduce sugar intake to reduce inflammation and improve blood glucose levels</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>	

<p>Reduce salt intake</p>	<p>Excess sodium is linked to adverse health outcomes, including increased blood pressure. A reduction in salt intake can have a favorable effect on the cardiovascular system, inducing a reduction in BP values in hypertensive patients, but also with possible benefits in the vascular function and in the viscoelastic properties of the large arteries.</p> <p>Sodium is found in high amounts in processed foods such as breads, processed meat and snack foods, as well as in condiments (e.g., soy and fish sauce). Consider reducing sausages, salami, salted olives, salty cheese, soy sauce, gravy mix, stock powder, crackers, potato chips, corn chips,</p> <p>Try adding flavour to foods through the use of dried herbs and spices instead of salt.</p> <p>Check the nutrition panel on foods for low salt options (aim for less than 120mg salt per 100g quantity of food)</p> <p>Research : https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6770596/ https://www.who.int/news-room/fact-sheets/detail/salt-reduction</p>	<p>Less than 2g (2000mg) per day</p>
<p>Avoid consuming liquorice</p>	<p>Licorice contains glycyrrhizic acid which affects the fluid balance in the body through an enzyme in the kidney, this can lead to increases in blood pressure.</p> <p>Sources of glycyrrhizic acid may include herbal medicine, herbal tea and confectionary/lollies.</p>	<p>Avoid consuming liquorice</p>

<p>Include freshly crushed linseed/ flaxseed daily</p>	<p>Flaxseed (linseed) contains alpha-linolenic acid (ALA), lignins and fibre. Lignans are metabolised by intestinal bacteria , where Lactobacillus casei, Lactobacillus acidophilus, Ruminococcus bromii and Ruminococcus lactaris are important for metabolism.</p> <p>Cardiovascular effects – reduction of circulating cholesterol, reduction of coronary artery disease, reduction of oxidation, reduction of ischemic heart disease, reduction of myocardial infarction, reduction of arrhythmias, reduction of inflammation, reduction of hypertension (30g/day)</p> <p>Diabetes – reduction in blood glucose in patients with type II diabetes (from lignans)</p> <p>Cancer prevention – protective effects (25g/day, crushed or milled) on breast, lung, colon, ovarian, endometrial, hepatocellular and cervical cancers</p> <p>Female hormonal health – protective against menopausal symptoms, reduction of frequency and severity of hot flushes</p> <p>Alcoholic liver disease – supplementation can reduce the presence of Proteobacteria and Porphyromonadaceae in the gut microbiome</p> <p>Gut health – may reduce constipation, improves gastrointestinal microbiome</p> <p>Research : https://www.mdpi.com/2072-6643/11/5/1171</p> <p>Crushing the seeds is required to make the lignins and ALA bioactive before consumption, however they will degrade if stored once crushed, therefore it is recommended to crush immediately before eating. The healthy oils (ALA) in flaxseed will not degrade with baking.</p>	<p>30g/day (crushed or milled)</p>
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GIT Immunobiotic	<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"> • Helps maintain healthy acid/alkaline balance in the body • Supports the healthy function of the immune system • Supports gastrointestinal tract health • Supports healthy GIT function while travelling • Ulmus rubra is traditionally used in Western herbal medicine as a demulcent to soothe irritated tissues and GIT mucous membranes 	<p>Take 1.5 teaspoons mixed into water, twice daily</p> <p>Store in fridge</p>
MagOpticell	<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"> • Supports healthy nervous system function • Maintains healthy bones and teeth • Helps to support healthy cardiovascular system function • Supports energy production • Supports muscle function and nerve conduction • Supports bile production 	<p>Take 1 scoop in water, once daily</p>

Herbal Prescription	<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
Herbal Prescription SLEEP	<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
Other recommendations:	<ul style="list-style-type: none"> • Olive & Bee Intimate Cream (personal lubricant) \$22.95 • Topical Vaginal treatment to restore vaginal epithelial integrity can be considered if vaginal symptoms do not improve after commencing with herbal prescription \$55.00 	