



**naturally  
anew**

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## Cheski

### Treatment Goals (short-term)


1. Reduce cardiovascular, metabolic, respiratory risk factors **via** reducing inflammation, oxidative stress and supporting organ health
2. Optimise immune & overall health **via** increasing supportive accessory nutrients and modulating immune function
3. Support energy levels and sleep **via** supporting hypothalamic pituitary axis, cortisol production and nutrient assimilation

### Treatment Goals (long-term)

1. Support healthy lifestyle and 'aging'
2. Optimise gut health
3. Support immune health
4. Support prostate health
5. Support energy
6. Support sleep
7. Support stress

# Naturopathic Treatment Plan

## Herbal

Product	Standout Herbs	Intent	Instruction
<div> <b>SolvClear</b>            by Bioclinic Naturals            \$74.73            </div> <div>Vegan, powder</div>	<i>Panax ginseng</i>   Korean ginseng	Adaptogen: Traditionally used to help reduce mental and physical fatigue and to support a healthy, energised stress response.	Take 1 /2 tablespoon mixed with water in the morning, with breakfast.
	<i>Silybum marianum</i>   St Mary's Thistle	Supports <b>liver</b> bile production and detoxification to assist with the healthy fat breakdown, which in turn can help <b>reduce LDL cholesterol</b> . Also acts as an <b>anti-inflammatory</b> , <b>antioxident</b> agent.	Take 1/2 tablespoon mixed with water in the evening, with dinner.
	<i>Camellia sinensis</i>   Green Tea Vitamin E Vitamin C	These nutrients offer supreme antioxidant support protecting cells from oxidative stress, improving cardiometabolic parameters by reducing inflammation, preventing the oxidation of LDL cholesterol, enhancing insulin sensitivity and promoting healthier blood vessels.	*Will consider increasing dose once body acclimates.
	<i>Cyamopsis tetragonoloba</i>   Guar Gum	Digestive support from this gel-forming fibre helps maintain bowel regularity.	

**Further comments:** If you notice any symptoms like nausea or heartburn when taking these, make sure you eat before and then consume. Try to be consistent and record any changes you notice, to discuss at next appointment.

# Herbal

Product	Herb	Intent	Instruction
<p><b>Astragalus Complex</b> by Mediherb \$49.49</p>  <p><i>Vegan, tablets</i></p>	<p><i>Astragalus membranaceus</i>   Astragalus</p>	<p>Assists with recovery from stress and maintains immune system health, helping to relieve fatigue. Excellent support for chronically weak lungs, mild hypertension, and preserving mental acuity.</p>	<p>Tale 1 tablet, 2 x day.</p> <p>Can take at any time in the day. Either morning and evening to help with routine or keep in office and take during day.</p>
	<p><i>Eleutherococcus senticosus</i>   Siberian ginseng</p>	<p>Acts adaptogenically as a stimulant or sedative depending on the person's need. It improves the response to environmental stress, strengthens the immune system, and improves memory, motivation and physical performance and stamina.</p>	
	<p><i>Echinacea purpurea</i>   Echinacea</p>	<p>Immune enhancer, preventing infections and accelerating recovery according to the personal needs of each person.</p>	

# Nutrition

Product	Hero ingredients	Intent	Instruction
<p><b>VegeNAC</b> by Biomedica \$33.83</p>  <p><i>Vegan, capsule</i></p>	<p>N-Acetylcysteine (NAC)</p>	<p>NAC is a supplement form of the amino acid cysteine. NAC is a critical precursor to glutathione, which helps neutralize free radicals and <b>reduce oxidative stress</b> in the body. This antioxidant effect is crucial for <b>protecting cells from damage and supporting overall health</b>.</p> <p>Smoking introduces numerous toxins and free radicals into the body, which can cause oxidative stress and damage to tissues. NAC can neutralize these free radicals and support the detoxification process, <b>helping the body recover from the oxidative damage caused by smoking</b>.</p> <p>Chronic inflammation is a common consequence of smoking, contributing to conditions like chronic obstructive pulmonary disease (COPD) and other respiratory problems. NAC's anti-inflammatory properties can help reduce inflammation in the lungs and other tissues, aiding in the healing process.</p> <p>NAC may support <b>cardiovascular health</b> by reducing oxidative stress and inflammation, as well as by improving blood vessel function and reducing the risk of blood clots.</p>	<p>Take 1 capsule daily.</p> <p><i>*Anytime, unless experiencing nausea, then take away from food, can keep near bed and take late at night before sleep.</i></p>

Product	Hero ingredients	Intent	Instruction
<p><b>PrimerPlus</b> by Spectrumceuticals \$62</p>  <p><i>Vegan, capsules</i></p>	<ul style="list-style-type: none"> <li>• Zinc</li> </ul> <p>Cofactors:</p> <ul style="list-style-type: none"> <li>• Vitamin B6 (P5P), Vitamin E, Manganese, Molybdenum, Magnesium</li> </ul>	<p>Zinc supports immune function, accelerates wound healing, and helps maintain proper taste and smell by aiding in cellular repair and function. Additionally, it plays a crucial role in antioxidant defense, reducing oxidative stress and inflammation, which benefits overall health and metabolic processes.</p> <p>Zinc has been found to improve taste perception in clinical trial in individuals with zinc deficiency and/or post viral taste loss.</p> <p>These accessory nutrients will also help support immune system and nervous system (stress, anxiety, energy) health.</p>	<p>Take 1 capsule, 2 x daily with food.</p> <p><i>*After 3 months will reassess high dose zinc and consider different supplement.</i></p>
<p><b>Green Superfoods</b> by Green Nutritionals \$30.20</p>  <p><i>Vegan, Kosher, capsules</i></p>	<ul style="list-style-type: none"> <li>• Organic Spirulina</li> <li>• Organic Chlorella</li> <li>• Organic Barleygrass</li> <li>• Wheatgrass</li> <li>• Organic Marine Plant Minerals</li> </ul>	<p>Nutrient-rich and bioavailable superfood supplement: SUPERFOODS are foods that contain higher than normal levels of important nutrients such as vitamins, minerals, antioxidants (often in the form of plant pigments), essential fats and enzymes.</p> <p>SUPERFOODS have SUPER health benefits, delivering high potency nutrients to protect against serious disease, lower cholesterol, protect the organs from toxins and improve digestive health.</p>	<p>Take 3 capsules daily for 1 week.</p> <p>Then increase dose to 3 capsules, 2 x daily.</p> <p>In the morning with breakfast is a good time.</p> <p><i>* Will consider increasing dose once body used to this.</i></p>

# 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](mailto:dina@naturallyanew.com)/0409770430. I will get back to you as soon as possible to discuss the situation with you.
- Please discontinue all supplements at least 1 week before any procedure/surgery and disclose/discuss all supplements/herbs with your doctor.
- In the case of an emergency, contact your GP or emergency service.
- Please keep all medication out of reach of children.

# Diet

Intervention	Instruction	Intent
<p>Increase water intake (3L)</p> <p>Reduce soft drink intake.</p> <p>Start with cutting the quantity in half and finding some replacements you enjoy (to a degree).</p> <p>These options can be ordered online or purchased from Coles to try:</p> <ul style="list-style-type: none"><li>• <b>Remedy Kombucha (Wild Berry)</b></li><li>• <b>Remedy ‘Energy’ Shot</b> (contains caffeine)</li><li>• <b>Flavoured soda water</b></li><li>• <b>Ocassional Organic Juice:</b> Pomegranate, Cranberry or Cherry</li></ul>	<p>Aim for 3L of mineral water daily, in addition to other fluids you drink.</p> <ul style="list-style-type: none"><li>• Buy an extra large water bottle to carry around.</li></ul> <p><u>Room temperature water</u> 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><u>Drinking while in a sitting</u> position also supports ideal water ingestion and flow to the stomach.</p> <p><u>Avoid drinking alot with meals</u>, try only drinking small sips if needed and drink majority of water around meals.</p> <p>See <b>shopping list</b> page for product suggestions.</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 <b>constipation</b>; increasing stool bulk and consistency, and easing the passage through the intestines.</p> <p>Dehydration is closely linked to the formation of <b>kidney stones</b>. When the body is dehydrated, the urine becomes more concentrated, which increases the risk of minerals and salts in the urine forming crystals. Over time, these crystals can clump together to form kidney stones. <b>Gout</b> can also be exacerbated with dehydration, as there is less water to dilute the uric acid in the blood, leading to higher concetrations.</p> <p><b>Monitor your hydration</b> 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>

Intervention	Instruction	Intent
<p>Include more fibre</p> <p>The Australian Dietary Guidelines recommends approximately 38g of fibre per day for men, minimum, with Naturopathic ideal levels ultimately at 50g/day.</p> <p>Most people do not achieve this.</p>	<p>Try to incorporate this into daily diet:</p> <ul style="list-style-type: none"> <li>• Greek Yogurt with 1 cup berries + <b>1 tablespoon Chia/Flax/LSA seeds</b></li> <li>• <b>1 cup beans/lentils</b> (soup/salad), or hummus</li> <li>• <b>2-3 cups of vegetables and/or fruit per day</b> (leafy greens, broccoli, brussels sprouts, carrots, sweet potatoes, peas, cauliflower, green beans)</li> <li>• <b>1 large handful of nuts/seeds</b> (almonds, walnuts, pistachios, pecans, pumpkin seeds, sunflower seeds)</li> <li>• <b>3-4 serves of wholegrains</b> (1 serving = 1 slice wholegrain bread, 1/2 cup cooked brown rice or quinoa, 1 cup wholegrain cereal/muesli)</li> </ul>	<p>Fibre has many functions in the body improving stool consistency and passage. Many good quality fibres are also <b>prebiotics</b>, which act as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity.</p> <p>They can also be fermented by this beneficial bacteria to produce short-chain fatty acids (SCFAs) which, among other things, reduce gastric inflammation and support barrier integrity.</p> <p>~ Eating 5-10 grams of soluble fibre a day can help lower total cholesterol and LDL significantly.</p> <p>See <b><u>shopping list page</u></b> for product suggestions.</p>



# Lifestyle

Intervention	Instruction	Intent
Exercise	<p>As we discussed, strength training mixed with cardio is important for preventative health.</p> <p>You mentioned a gym you were looking into, let me know how it goes at future appointment.</p> <p>Ideally you would have a trainer at least once a week to set up a personalised protocol for you and to keep you accountable for progress.</p> <p>Continuing and increasing walks when possible is great for general health and wellbeing too.</p>	<ul style="list-style-type: none"><li>• Cardiac mortality reduced by 58% just by exercising 3-5 hours a week. A mix of aerobic and resistance exercise is ideal.</li><li>• Strength training and load bearing exercises are also great for preventing osteoarthritis, especially in areas previously injured or inflamed.</li><li>• 7,000- 10,000 steps a day, when possible, seems to be the magic number for lower risk of all-cause mortality among middle-aged adults.</li></ul>

Intervention	Instruction	Intent
Further Testing: Pathology (through GP)	<p>I will await your latest pathology results to see what has been checked but in the future I would love to see:</p> <ul style="list-style-type: none"><li>• Uric Acid Levels</li><li>• Kidney Function</li><li>• Homocysteine</li><li>• Inflammation</li><li>• Liver Markers</li><li>• Nutrient deficiencies: Iron, B12, Folate, D</li></ul>	

## Next appointment

I'd love to see how you're progressing in around 4-6 weeks (mid to end of September).

### Appointment Goals:

- Review recent pathology results and see what next steps should be
- Check in on stress, sleep, energy
- Focus on next steps of Gut health
- Look at CardioMetabolic Health
- Look at Kindey/Uric Acid Health
- Look at Prostate Health
- Look at possible nutrient deficiencies
- See how you're going with implementing changes from this plan
- Adapt plan to suit current progression