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TREATMENT PLAN FOR :

Sean Joyce

Date: 4/10/11

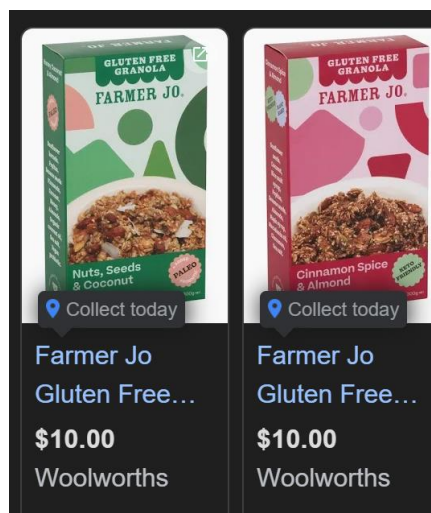
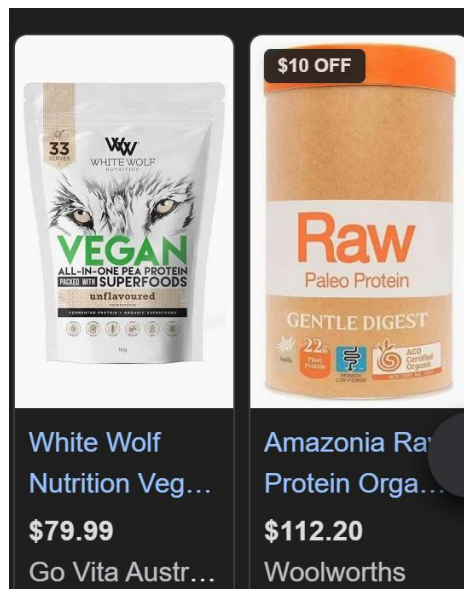
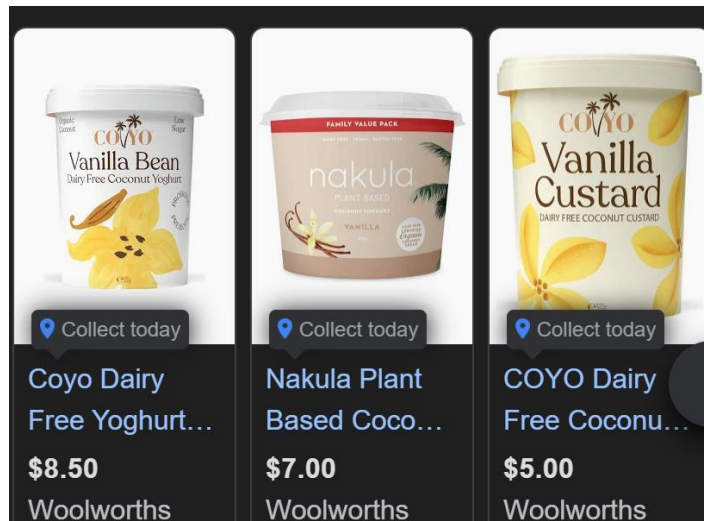
Health Goals	<ol style="list-style-type: none">1. What: Reduce gastrointestinal discomfort How: Digestive enzymes. Elimination of grains, dairy, some starches, processed sugars (paleo type diet), gut repair powder.2. What: Reduce fatigue. How: Improve nutritional intake (increased vegetables, high protein diet), reduction of inflammatory foods (grains, dairy).3. What: Investigate potential causes of fatigue, weight gain, digestive dysfunction. How: Blood testing4. What: Start to consider reducing cigarette smoking with the goal of completely quitting. How: Consider nicotine patches, nicotine gum or lozenges, herbal medicine to reduce anxiety, personal goal setting, investing in flavoured air vape replacements.
Diet	<ul style="list-style-type: none">- As per the Paleo guide.- Eliminate all dairy and gluten <p>I realise changing your diet can be a big task. It takes do grocery shopping, meal plan etc.</p> <p>Carbs and starches that aren't fully digested can feed bacteria in your gut, potentially leading to bloating. This can happen for two main reasons:</p> <ol style="list-style-type: none">1. Bacterial overgrowth or imbalance: Imbalanced bacteria in your intestines may rapidly ferment undigested carbs, producing gas as a byproduct. This gas builds up, causing bloating and discomfort.2. Ineffective food breakdown: If you're not digesting food properly, more undigested carbs reach your lower intestine.

	<p>There, bacteria ferment them, again producing excess gas and bloating. In both cases, the core issue is undigested carbs becoming food for gut bacteria, resulting in gas production and bloating.</p> <p>Two potential solutions to help manage this bloating:</p> <ol style="list-style-type: none"> 1. Digestive enzymes: If your bloating is caused by ineffective food breakdown, digestive enzyme supplements may help. These enzymes assist your body in breaking down carbs and starches more completely in the upper digestive tract. This leaves less undigested food for gut bacteria to ferment, potentially reducing gas and bloating. 2. Reducing starchy foods: Temporarily reducing your intake of starchy foods can help alleviate symptoms while we work on addressing the underlying issue (See Paleo diet guide). This includes food such as: - Bread - Rice - Grains - Oats - Potatoes - Legumes By decreasing these starchy foods in your diet, you're providing less fuel for gut bacteria to ferment, which may reduce gas production and bloating. This dietary change, combined with other treatments, can help manage your symptoms as we work to improve your digestive health. Remember, these are temporary measures. 3. Gut powder. Taking this can help restore the inside of your digestive tract, making it so there is less inflammation, damage, correct any bacterial imbalances. <p>The goal is to identify and treat the root cause of your digestive issues, whether it's bacterial overgrowth, enzyme deficiency, or another factor.</p>
Lifestyle	<ul style="list-style-type: none"> - -Consider weightlifting/kettlebell exercises for energy and testosterone boost. - Gradually reduce smoking - Complete 7-day diet diary. Track symptoms and bowel movements. Bring to your follow up appointment
Barriers	<ul style="list-style-type: none"> - Addiction (smoking). Smoking causes a depletion of nutrients which can contribute to poor energy and potential hormonal imbalances, as well as significantly increase your risk of cardiovascular disease, stroke, many cancers, early death etc. For you to achieve balanced, vibrant health the smoking will need to be addressed soon. I'm here to help with that process in any way possible!
Referral/Investigations	<ul style="list-style-type: none"> - Blood testing. They will send the results to me. I'll notify you when they're back, and we can discuss at next visit.

	<ul style="list-style-type: none"> - If you can find out your blood type. - If you can access any past blood tests from the last year or so, send them through.
Prescription	<ul style="list-style-type: none"> - Supplements: <ul style="list-style-type: none"> - Digestive enzymes before meals. - Consider gut powder for inflammation reduction - Ashwagandha for energy (I prescribed AdrenoTone which contains Withania/Ashwagandha plus other herbs to boost energy)
Recipes:	<ul style="list-style-type: none"> - https://www.paleorunningmomma.com/30-paleo-meals-ready-in-30-minutes/ - https://paleoleap.com/quick-paleo-meals/ - Bacon, Eggs, and greens. - Paleo protein smoothies - Protein powder + plant milk + coffee + ice for a frappe - Steak & veg - Omlettes or frittata - Curry (meat + veg + spices + coconut milk)

Other

Here's some nice foods available at Coles/Woolies that you can integrate into your diet



Smoking. Tips to Quit	<p>Understanding Your Relationship with Smoking</p> <p>Smoking often serves as a <u>self-soothing mechanism</u>. Many smokers find it challenging to relax or regulate their nervous system without cigarettes. As your naturopath, I want you to know that there are natural ways to address this:</p> <ul style="list-style-type: none"> • Herbal supplements. • Breathing exercises and meditation can calm your nervous system • Acupuncture or acupressure can aid in relaxation and craving reduction • Regular exercise releases endorphins, improving mood and reducing anxiety <p>Remember, the difficulty you experience in the beginning is temporary. Your body and mind will adapt. You've managed to quit before, which proves you have the strength to do this. Trust in your ability to overcome this challenge!</p> <p>Stage 1: Contemplating Change.</p> <p>Make a list of the benefits of quitting, and the benefits of not quitting. What are the disadvantages of not quitting?</p> <p>Consider how much money you save in a month if you were to quit? What is that amount? \$300? What can you buy with that instead that you'd really like?</p> <p>Costs of Not Taking Action:</p> <ul style="list-style-type: none"> - Continued health risks - Ongoing financial burden - Persistent social stigma - Reduced quality of life - Reduced energy - Poorer health - Potential for ongoing digestive issues <p>Stage 2: Taking the First Steps</p> <p>1. Set a realistic reduction goal (e.g., cut down by 2 cigarettes per day for a whole week).</p>

2. Identify trigger situations and plan alternatives.
3. Set times when you are allowed to have cigarette. Eg. You wish to reduce your smoking from 20 cigarettes day to 15. Choose times throughout the day when you can have that. So you have a schedule. Then when you wish to reduce your cigarette smoking by another 3 cigarettes- you choose 2 times in that schedule to remove.

Let's say you currently smoke 20 cigarettes a day and want to reduce to 15.
Here's an example schedule for a traffic controller working long shifts:

Time	Activity
5:30 AM	Wake up cigarette
6:30 AM	Pre-work cigarette
8:00 AM	Mid-morning break cigarette
10:00 AM	Late morning cigarette
12:00 PM	Lunch break cigarette
2:00 PM	Early afternoon cigarette
4:00 PM	Mid-afternoon break cigarette
6:00 PM	End of shift cigarette
7:30 PM	After-dinner cigarette
9:00 PM	Evening relaxation cigarette
10:30 PM	Pre-bed cigarette

When you're ready to cut down to 12 cigarettes a day, you might remove these time slots:

- 10:00 AM (Late morning cigarette)
- 2:00 PM (Early afternoon cigarette)
- 9:00 PM (Evening relaxation cigarette)

Remember, this is just an example. Adjust the schedule to fit your specific work hours and lifestyle. The key is to create a structured plan that gradually reduces your smoking over time.

4. **Gradually introduce cessation aids:**

- Start with nicotine gum or lozenges for your most difficult-to-quit cigarettes

- Try herbal medicines to reduce anxiety

- Experiment with flavoured air devices as a partial replacement

(Fum - <https://tryfum.com.au/>)

	<p>Benefits of Gradually Quitting:</p> <ul style="list-style-type: none"> - Easier adjustment for your body and mind - Increased energy and improved thyroid health over time - Gradual improvement in breathing and lung function - Steady reduction in risk of heart disease and cancer - Progressive improvement in taste and smell - Financial savings <p>Stage 3: Maintaining and Expanding Changes</p> <ol style="list-style-type: none"> 1. Gradually increase physical activity to boost mood and reduce cravings. 2. Learn and practice a new stress-reduction technique each week (e.g., deep breathing, progressive muscle relaxation). 3. <u>Reward yourself for each reduction milestone.</u> 4. Reflect weekly on what's working and adjust your strategy. 5. Slowly expand smoke-free zones and times in your daily routine. 6. Set progressively ambitious reduction goals as you succeed. <p>Remember, gradual progress is still progress. Be patient with yourself and celebrate every cigarette you don't smoke. Your health improves with each step!</p>
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NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.