



**naturally
anew**

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Asher

Treatment Goals (short-term)


1. **Support immune function *via*** modulating immune cell activity and reducing chronic inflammation to strengthen the body's defense against infections.
2. **Support infection recovery (clearance) *via*** thinning mucus, improving ciliary function, and reducing congestion to facilitate faster pathogen clearance and respiratory recovery.
3. **Support lung health *via*** reducing oxidative stress, inflammation, and mucus production, while enhancing antioxidant defenses to protect lung tissues and improve airflow.
4. **Support mood *via*** regulating neurotransmitter activity and promoting relaxation, reducing the physiological stress response to help maintain emotional equilibrium.

Treatment Goals (long-term)


1. Reduce # infections each year
2. Reduce length of infection recovery time
3. Reduce inflammatory landscape, post infections
4. Support anxiety and stress

Naturopathic Treatment Plan



Herbal

Product	Herb	Intent	Instruction
Elderberry Immune by I'm Nutrients \$49.49 <i>Chewable Pastille</i> 	<i>Echinacea purpurea</i> <i>Sambucus nigra</i> Low dose Zinc	This formula aims to enhance immune function and reduce the severity and duration of colds with immune enhancing, and antiviral properties.	Chew 1 pastille morning and evening, until remaining symptoms subside. Then take 1 daily. When sick, take 3 x day.

Combined Nutrition + Herbal

Product	Hero ingredients	Intent	Instruction
OptiImmune by Optimal Sleep Airway Health \$44.95 <i>Gummies</i> 	NAC, Quercetin, Vitamin A, C, E Zinc, Selenium + <i>Black Cumin, Dandelion, Green Tea, Nattokinase</i>	This formula aims to support both immune and lung health by reducing inflammation, enhancing antioxidant defenses, and improving respiratory function. Ingredients like NAC, quercetin, and black cumin help promote clear airways and reduce airway inflammation, while vitamins and antioxidants support immune resilience and lung tissue protection.	Take 1 gummy in the evening.
Stress Relief by Optimal Sleep Airway Health \$39.95 <i>Gummies</i> 	GABA, L-Theanine + <i>Lemon Balm, Ashwaganda, Chamomile, Black Cumin</i>	This combination aims to reduce anxiety in children by calming the nervous system, easing stress, and promoting relaxation through proven ingredients that support emotional balance.	Take 1 gummy in the morning.

Optional

Product	Hero ingredients	Intent	Instruction
<p>Magnesium by Optimal Sleep Airway Health \$44.95 <i>Gummies</i></p> 	<p>Magnesium citrate Magnesium orotate Magnesium aspartate Magnesium chelate Magnesium threonate</p>	<p>This blend of magnesium in multiple bioavailable forms offer enhanced absorption and targeted benefits for stress reduction, mood regulation, and cognitive support.</p>	<p>Take 1-2 gummies per day, together or divided morning and evening.</p>
<p>NasoClear by Metagenics \$24.95 Nose Spray</p> 	<p>Saline solution + essential oils: <i>eucalyptus, thyme, lavender and peppermint</i></p>	<p>This nasal spray aims to support both acute and chronic respiratory issues by clearing congestion, reducing inflammation, and promoting lung health. With its antimicrobial and anti-inflammatory properties, it helps address infections, ease asthma symptoms, and improve overall immune function.</p>	<p>Take 1-2 sprays in each nostril , sniffing in between, in the morning and evening.</p> <p>If actively sick or others around are sick can use every 2 hours.</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/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.
- In the case of PREGNANCY, please STOP protocol and contact practitioner about continuation of supplements ASAP.
- Please keep all medication out of reach of children.

Intervention	Instruction	Intent
Remove Dairy	Remove dairy from the diet completely for 4 weeks and report back.	<p>Dairy consumption has been linked to increased mucus production, particularly in individuals sensitive to milk proteins such as casein and whey. Studies suggest that these proteins can stimulate an inflammatory response in the body, potentially exacerbating conditions like asthma and contributing to respiratory symptoms. For some individuals, this inflammation and excess mucus can lead to blocked airways, making breathing more difficult and increasing the likelihood of asthma attacks. Additionally, dairy may trigger immune responses in sensitive individuals, leading to further inflammation in the airways. Reducing dairy intake may help alleviate these issues by lowering mucus production and inflammation, which can support improved respiratory and immune function, especially in those with asthma or frequent respiratory infections.</p>