



**naturally
anew**

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Avi

Treatment Goals (short-term)

1. Reduce heartburn and gastric discomfort **via** lining and repairing the digestive tract and enhancing digestive enzymes, bile and hydrochloric acid **to** support complete food breakdown, digestion, nutrient absorption and assimilation
2. Support anxiety, energy and mental acuity **via** supporting mitochondrial health, modulating the Hypothalamic Pituitary Axis and cortisol, and increasing cerebral blood flow **to** improve the body's ability to respond to stressors.
3. Improve liver health **via** supporting healthy hepatic fat metabolism and bile flow **to** reduce the accumulation of triglycerides in liver cells and aid in its regeneration and repair
4. Regulate immune function **via** enhancing innate immunity, antioxidant capacity and anti-inflammatory mechanisms **to** reduce frequent infection and sores.

Treatment Goals (long-term)


1. Support digestive health
2. Support liver health, consider lipotropic detox support
3. Support immune health
4. Support mental health and acuity
5. Support stress, mood and sleep
6. Support prostate health
7. Support general health and wellbeing

Naturopathic Treatment Plan

Herbal


Product	Herb	Intent	Instruction
<p>Innate Immune Support by Pure Encapsulations \$38.69</p>  <p>Vegan, capsules</p> <p><i>*This formula aims to support innate immunity (the first stage of immune response) enhancing the body's natural defences and mucosal health.</i></p>	<p><i>Astragalus extract Astragalus</i></p> <p><i>Andrographis paniculata Andrographis</i></p> <p><i>Ganoderma lucidum Reishi mushroom (+ beta glucan extracts)</i></p>	<p>Astragalus supports NK cell activity, as well as IgA and IgG levels in serum, key antibodies that play a critical role in mucosal immune defense, enhancing immunity and reducing frequency of infections. Research also suggests that Astragalus can reduce fatigue and improve stamina by enhancing mitochondrial function, which is essential for energy production.</p> <p>Andrographis supports viral immunity via anti-inflammatory and antioxidant activities. Andrographis is also an hepatoprotective herb par excellence, meaning it protects the liver. Known as “the King of Bitters” it supports complete food breakdown too.</p> <p>Reishi contains more than 150 biologically active polysaccharides that provide immune-enhancing, antiviral and antibacterial effects. It is great with immunodeficiency and fatigue as it balances and regulates an imbalanced immune system. It is an immune tonic acting deeper on the immune system system strenthening the vital reserve and building up core immunity.</p>	<p>Take 1 capsules, 1-2 times a day.</p>

Herbal

Product	Herb	Intent	Instruction
NuAdapt by Ortho Molecular Products \$52.19 	Bacopa monnieri Bacopa Withania somnifera Ashwagandha Rhodiola rosea Rhodiola Eleutherococcus senticoccus Siberian Ginseng	This nootropic is reputed to improve memory and concentration, and is shown to v These adaptogens enhances cognitive function by improving mental stamina, focus, and overall cognitive capacity. They support the body's ability to respond to stressors. Has been shown to improve chronic fatigue after 1 week, with further improvements after 8 weeks. Indicated in nervous exhaustion, mental fatigue and post viral depletion. Clinical research indicates that L-theanine promotes relaxation without sedation by increasing alpha brain wave activity, which enhances mood and reduces stress and anxiety. It also improves attention, concentration, and sleep quality. Phosphatidylserine is a phospholipid that is a critical component of cell membranes, particularly in the brain, helping to maintain fluidity and permeability which is essential for proper neuron function thus supporting: memory, stress-related symptoms, improving concentration and reducing impulsivity.	Take 2 capsules, 2 x a day with meals

Nutrition

Product	Hero ingredients	Intent	Instruction
<div><div><div><div><div><div>Heartburn Essentials</div><div>by Pure Encapsulations</div><div>\$32.29</div></div></div><div></div><div><div>Vegan, capsules</div><div><div><div><div><div><div><i>* This formula supports healthy gastric secretion, enhances digestion and soothes the digestive tract, offering potential relief for occasional heartburn and indigestion.</i></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div><div><i>Glycyrrhizza glabra</i></div><div> Deglycyrrhized licorice (DGL)</div></div></div><div><div><div><i>Althea officinalis</i></div><div> Marshmallow root</div></div></div><div><div><div><i>Ulmus fulva</i></div><div> slippery elm</div></div></div></div></div></div> <div><div><div><div><div><div><i>Gamma oryzanol</i></div><div>(rice bran)</div></div></div><div><div><div><i>Cynara scolymus</i></div><div> Globe Artichoke</div></div></div><div><div><div><i>Curcuma long</i></div><div> Turmeric</div></div></div></div></div></div> <div><div><div><div><div><div><i>n•zimes™</i></div><div>providing:</div><div>amylase</div><div>lipase</div><div>cellulase</div><div>ascorbyl palmitate</div></div></div></div></div></div>	<div><div><div><div><div><div>DGL Marshmallow root & Slippery elm are rich in mucilage, a gel-like substance that coats the esophagus and stomach lining, protecting them from acid and irritation and promote healing of the lining. Marshmallow can also improve digestion by reducing inflammation in the stomach lining, aiding in better nutrient absorption. Licorice also stimulates the production of bile, which is important for fat digestion.</div></div></div><div><div><div><div><div><div>Gamma oryzanol has been associated with maintaining healthy gastric secretion, even under occasionally stressful conditions.</div></div></div><div><div><div><div><div><div>Artichoke helps to stimulate the digestive process, protects the liver and has been shown to relieve occurrences of occasional heartburn. Turmeric offers anti-inflammatory support.</div></div></div></div></div></div><div><div><div><div><div><div>Plant enzymes like amylase, protease, and lipase help break down carbohydrates, proteins, and fats, respectively. They break down the macronutrients in food into smaller, enhancing nutrient absorption in the small intestine. Incomplete digestion of food can lead to fermentation in the gut, causing bloating, gas and indigestion.</div></div></div></div></div></div></div></div></div></div></div></div>	<div><div><div><div><div><div>Take 1 capsule at the start of each meal, 3 times a day.</div></div></div></div></div></div>

Product	Hero ingredients	Intent	Instruction
<p>Lipotropic Detox by Pure Encapsulations \$26.69</p>  <p><i>Vegan, capsules</i></p> <p><i>*This formula aims to promotes the breakdown of fats in the liver, allowing for healthy detoxification.</i></p>	<p>Lipotropic agents:</p> <p>Choline</p> <p>Betaine</p> <p>Methionine</p> <p>Vitamins B6 & 12</p> <p>Folate</p> <p>Taurine</p> <p><i>Silybum marinarus</i> (silymarin) St Mary's Thistle</p> <p><i>Cynara scolymus</i> Globe Artichoke</p> <p><i>Curcuma long</i> Turmeric</p>	<p>These lipotropic agents support healthy hepatic fat metabolism and bile flow. Efficient processing and breakdown of fats in the liver maintains healthy overall liver function and detoxification. Often these nutrients are deficient in people with liver and gut problems.</p> <p>Taurine acts as a potent anti-inflammatory, antioxidant and has been shown to influence lipid metabolism in the liver, helping to reduce the accumulation of triglycerides in liver cells. This effect is particularly beneficial in the context of NAFLD, where excessive fat buildup in the liver can lead to inflammation and liver damage.</p> <p>These herbs, particularly Silymarin , have been extensively studied for their their beneficial, protective effects on liver health. It acts as an antioxidant, protecting liver cells (hepatocytes) from damage, reduces inflammation in the liver, improves lipid metabolism in the liver and even has been shown to stimulate protein synthesis in the liver, aiding in its regeneration and repair. Studies have shown improved liver enzyme levels (ALT, AST) after supplementation.</p>	<p>This will be part of later staged introduction to supplements. See Protocol Pages.</p> <p>First Step: Take 2 capsules with a meal. (try this for 1 week)</p> <p>Second Step: Take 2 capsules with a meal, 2 x a day.</p> <p>Stay on this protocol for a month until further sessions.</p>

Further comments: Start with this supplement slowly, in the later stages of your progress.

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.
- Please keep all medication out of reach of children.

Diet

Intervention	Instruction	Intent
<p>Increase water intake (2-3L)</p> <p>~ infuse electrolyes in your water for a kick of extra flavour and enhanced hydration</p> <p><i>*Monitor your hydration 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.</i></p>	<p>Aim for 3L of mineral water daily.</p> <p>If you struggle to remember to drink try to figure out how you like your water:</p> <ul style="list-style-type: none">• Cold? Warm? Sometimes room temperature water is more palatable suprisingly• Try drinking from a straw, it may be easier to drink.• Find a bottle to carry around, have a work and at home, maybe with a straw feature.• If struggling with the flavour, try to infuse the water with an electrolyte. I will link options in the shopping list page. 1/2 or a 1/4 of a tablet in water throughout the day may be a great way to get hydration up.	<p>Water is important not only to flush out your system from daily environmental toxin exposure but it also supports most processes in the body including cellular, circulatory, temperature regulation and digestive function.</p> <p>Adequate hydration is necessary for optimal liver & kidney function, as water helps flush toxins out of the body through urine. This reduces the liver's workload and supports its detoxifying processes and helps prevent the accumulation of fat in the liver. It also dilutes the substances that lead to kidney stones, such as calcium, oxalate, and uric acid, reducing the risk of stone formation. Studies have shown that higher fluid intake is associated with a lower risk of kidney stones.</p> <p>Water helps maintain the balance of bile, ensuring that the bile remains in a liquid state, reducing the risk of billiary blockages and stones. It can help neutralize and dilute stomach acid, which can relieve symptoms of heartburn.</p>

Intervention	Instruction	Intent
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Reduce refined carbohydrates *and increase fibre* , following a basic “Zone” style diet

Next Step: Will move onto a more wholefoods, anti-inflammatory diet incorporating more carbohydrates.

1. We need to reduce overall carbohydrate intake for **4-6 weeks**, particularly refined carbohydrates (like white flour, packaged foods, takeout, sugar & fructose)
2. See the last pages of this report for food and meals ideas and more information on foods to avoid.

Research in low carbohydrate diets in fatty liver were promising in the first few weeks of treatment.

Studies have demonstrated positive effects from low carbohydrate diets on liver aminotransferases, metabolic parameters and body weight. Dietary fructose restriction has a significant impact on de novo lipogenesis and reduction in hepatic steatosis.

Fibre has many functions in the body improving stool consistency and passage. Many good quality fibres are also **prebiotics**, which act as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity. 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.



This is a basic plate and pyramid guide on the Zone Diet.



Lifestyle

Intervention	Instruction	Intent
Exercise ~ change will not happen in a day.	<p><i>Realistically</i>, to start:</p> <ul style="list-style-type: none">• Aim for: finding a trainer/gym and starting 1-2 times a week resistance training <p>+ trying to increase your daily steps to 7,000-10,000 and/or start doing some aerobic exercise you enjoy (not too strenuous like swimming, biking, yoga, hiking)</p> <p>THIS MAY TAKE MONTHS TO BUILD UP TO, that's OK!</p>	<p>Exercise has been found to have benefit irrespective of its effect on weight loss.</p> <p>Research has found that a combination of cardiovascular based exercise AND resistance training is most effective for fatty liver and overall health.</p>

Intervention	Instruction	Intent
Further Testing: Pathology (through GP)	<ol style="list-style-type: none">1. Full Liver Panel: ALT, AST, GGT, Bilirubin2. Lipid & Metabolic Markers (Trig, Chol, Gluco)3. Homocysteine4. Inflammatory Markers (ESR/CRP)5. Ferritin (and other iron markers)6. Have you ever been tested for H. Pylori? Lactose intolerance? Celiac?	<p>To keep track of 'fatty liver' need to see full lipid and metabolic markers, along with liver function tests to keep track and ascertain if 'fatty liver' is true and persisting.</p> <p>Seems like alot of chronic inflamamation going on in the body.</p> <p>Ferritin was getting to the higher end at the last blood test, want to keep on top of that to see what's going on there.</p>

Intervention	Instruction	Intent
Functional testing (through Naturopath only)	HTMA “Hair Tissue Mineral Analysis” <i>includes comprehensive report</i> Profile 1 \$149 USD + USPS postage (envelope)	This is an optional test to see your mineral and toxic metal levels.
*If choose this option, be in touch with me for ordering instructions.	<p>Hair Tissue Mineral Analysis (HTMA) is a diagnostic tool used by naturopaths to assess the mineral content and toxic metal levels in hair.</p> <ol style="list-style-type: none">Nutrient Deficiency Assessment<ul style="list-style-type: none">Mineral Balancing: HTMA reveals the levels of essential minerals in the body. By identifying deficiencies or imbalances, naturopaths can recommend specific dietary or supplemental strategies to restore optimal mineral level using individualized nutrition. It may also uncover some deficiencies contributing to food tolerance and preference.Energy Optimization<ul style="list-style-type: none">Metabolic Typing: HTMA helps determine an individual’s metabolic type (slow, fast, or mixed). Understanding this allows naturopaths to tailor interventions that optimize energy production.Gut Health<ul style="list-style-type: none">Mineral Influence on Digestion: Certain minerals play a direct role in digestive health. For example, zinc is crucial for maintaining gut lining integrity, while magnesium supports smooth muscle function in the intestinesToxic Metals<ul style="list-style-type: none">Detoxification: Analyzing toxic metals like mercury, lead, and aluminum which can accumulate in the body over time and contribute to various health issues, including fatigue, cognitive dysfunction, and compromised immunity.can provide insight into possible toxic burdens that may disrupt gut health. Detoxification protocols can be implemented based on these findings to reduce toxic load and support liver function.	
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Next appointment

I'd like to see you again in 4 weeks (Late September).

Appointment Goals:

- See how supplement protocol is going, what is working? what is hard? anything you want to discuss in particular?
- Discuss immune history further, and look at supporting complete viral clearance.
- Discuss diet further, including possible 'fasting', more protein, food diversity, and upping the 'detox' protocol.
- Check in on mood, energy, concentration and sleep
- Check in on gut health
- Discuss lifestyle changes

More information:

GOOD CARBS VS BAD CARBS

What's the Difference?

GOOD

EAT THESE OFTEN AND ALL DAY. TRY TO GET
5 SERVINGS OF FOODS LISTED AS "V"

Apples	Asparagus - V	Mushrooms - V
Strawberries	Carrots - V	Radishes - V
Blueberries	Celery - V	Cabbage - V
Blackberries	Garlic - V	Leafy Greens - V
Raspberries	Peppers - V	Tomatoes - V
Cherries	Cucumbers - V	Sweet Potatoes
Grapefruit	Broccoli - V	Lentils
Kiwi	Cauliflower - V	Beans (not baked)
Fermented Vegetables	Jicama - V	Oats, old fashioned
Sauerkraut	Brussels Sprouts - V	Dark Chocolate (70%)

OKAY, BUT...

LIMIT THE AMOUNT OF OKAY CARBS YOU EAT. THESE
ARE NOT BAD, BUT TOO MUCH CAN BE.

Bananas	Honey	Rice, slow cook
Oranges	Agave Nectar	Quinoa
Dates	Maple Syrup	Sweet Corn
Raisins	Sprouted Grain Bread	Granola, homemade
Mango	Homemade Sourdough Bread	
Melons	Sprouted Corn Tortilla	
Pineapple	Sprouted Wheat Tortillas	
Grapes	Potatoes, baked	
	Squash	

BAD

BEFORE YOU EAT THESE, ASK "WHY WOULD I DO THIS TO MYSELF?"
THEY'RE HIGH IN SUGAR & NOT GREAT FOR YOUR BODY.

Fruit Juice	Flavored Coffee Drinks	Wraps
Soda	Pasta	Pastries
Energy Drinks	Mac-n-Cheese	Instant Rice
Drinkable Yogurts	Bread	Instant Oats
Sweet Tea	Rolls	Sorbet & Low Fat/ Fat Free Ice Cream
Corn Syrup	Bagels	Candy
Store-bought Smoothies		

More information: Meal Ideas

Breakfast Ideas

Greek Yogurt Parfait:

- Plain Greek yogurt with mixed berries, and seed blend toppings (see shopping list)

Wholegrain Sourdough Toast with Avocado and Smoked Salmon:

- Sourdough toast topped with mashed avocado and smoked salmon, sprinkled with sesame/sunflower/pumpkin seeds.

Oatmeal with Nuts and Berries:

- Rolled oats cooked with water or almond milk, topped with greek yogurt, mixed berries, seed blend, and a sprinkle of cinnamon.

Smoothie (or Bowl):

- Almond milk blended with banana and mixed berries, blended with seed blend and greek yogurt.

Snack Ideas

Apple Slices with Almond Butter:

- Sliced apple with almond butter.

Mixed Nuts and Seeds:

- A small handful of mixed nuts (almonds, cashews) and seeds (sunflower, pumpkin).

Carrot Sticks with Hummus:

- Raw carrot sticks with a side of hummus.

Greek Yogurt with Chia Seeds:

- Plain Greek yogurt with chia seeds.

Warm Lemon Water / Green Tea

More information: Meal Ideas

Lunch Ideas

Chicken Salad Wrap:

- Grilled chicken breast with mixed greens, avocado, wrapped in a wholegrain tortilla, dressed with olive oil and lemon.

Orange Soup:

- Blended soup with sweet potato and pumpkin, mixed with cooked chickpeas or served on the side, plus raw veggie sticks.

Tuna Salad:

- Tuna mixed with olive oil, lemon juice, served on a bed of greens topped with sunflower/pumpkin seeds.

Pasta Salad with Chicken and Veggies:

- Wholegrain pasta, grilled chicken, cherry tomatoes, cucumbers, and bell peppers, mixed with olive oil and herbs.

Soups: use throughout the week and leftovers

Chicken and Beef Broth: Enjoy throughout the week for a gut healing tonic

- Slow cooked chicken/beef soup with chicken, roasted marrow/beef bones, vegetables over 8 hours+
- For added benefit include shitake mushrooms, turmeric and a splash of apple cider vinegar

Mushroom Barley Soup + beef chunks for more filling choice

Orange Soup:

- A blended soup with pumpkin, sweet potato ++

Vegetable Soup with chickpeas/beans/lentils:

- Chunky vegetable soup with legumes. Note: red lentils are the least distinctive and almost dissolve into the soup, experiment with these.

More information: Meal Ideas

Dinner Ideas

Salmon with Quinoa and Raw Veggie Salad:

- Baked salmon served with quinoa and a salad of shredded carrots, beets, and cabbage with olive oil dressing.

Beef or Tofu Stir-Fry:

- Lean beef strips/tofu stir-fried with onions and garlic, and other preferred vegetables served with rice.

Grilled Chicken with Asparagus and Salad:

- Grilled chicken breast with asparagus and a salad of mixed greens, shredded carrots, and cucumber with tahini dressing.

Steak and Salad:

- Soup with a grilled lean steak plus a fresh salad with romaine lettuce, vegetables of choice and seeds.

Slow cooked chuck roast with potatoes:

- Cook meat low and slow in slowcooker or dutch over with shallots/onions and garlic, potatoes, and seasonings.

Poke Bowls

- Fish or Tofu cooked with rice, carrots, avocado, edamame, cucumber, and other vegetables you enjoy with nori sprinkled with sesame seeds.

Shnitzel/Roast Chicken with cous cous and salad/soup:

- Pan fry/bake schnitzel or roast chicken with cous cous (ideally wholemeal) and salad, try and use different vegetables in the salad that you like and have not used in the week already; like a different lettuce/mixed greens.