



**naturally
anew**

www.Naturallyanew.com

dina@naturallyanew.com | 0409 770 430

Esther

Treatment Goals (short-term)

1. Reduce occurrence & severity of acne *via* supporting toxin elimination
2. Reduce excessive sweating *via* supporting thermoregulation
3. Support muscle relaxation & energy levels *via* supporting HPA Axis regulation and ATP levels
4. Improve cholesterol blood markers *via* supporting efficient elimination and reducing recirculation

Treatment Goals (long-term)

1. Support nutritional balance
2. Support healthy aging
3. Support mood and energy

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<p><u>Liver Juice</u> by Organic Olivia \$33.00</p> <p>Liquid, Kosher</p>	<p><i>Berberis aquifolium</i> Oregon grape</p>	<p>This herb is is often used in chronic skin conditions because it works on several fronts simultaneously: supporting hepatic function, assisting nutrient assimilation, and promoting elimination of waste through the colon. Essentially shining for conditions rooted in systemic accumulation of metabolic waste.</p>	<p>Take 1 full squeeze of the dropper bulb (approx. 30 drops) 2 x per day as needed in water, juice or hot water to make a tea.</p> <p>Best taken <u>between meals.</u></p>
	<p><i>Articum lappa</i> Burdock</p>	<p>This herb is known by herbalists to help return the body to its original, primal state of wellbeing with a profound ability to “root” through chronic conditions that have accrued over time and tap into the forces of vitality and health to restore balance.</p>	
	<p><i>Bupleurum chinensis</i> Bupleurum <i>Silybum marianum</i> St Mary’s Thistle <i>Taraxacum officinalis</i> Dandelion root</p>	<p>These Liver herbs act as hepatoprotective herbs by enhancing detoxification, reducing inflammation, balancing hormones, and providing antioxidant protection.</p>	

Product	Hero Herbs	Intent	Instruction
<p><u>J. Kloss Anti-Spasmodic Compound</u> \$32.30 + <u>Sarsaparilla</u> \$30.05 <i>by Herbalist & Alchemist</i></p>  <p>Liquid, Kosher</p>	<p><i>Actaea racemosa</i> Black Cohosh</p> <p><i>Scutellaria lateriflora</i> <i>Skullcap</i></p>	<p>These herbs are classically used for anxiety with muscle tension. Added benefits are thermoregulation, managing sweating, via binding and modulating of central nervous system key receptors for mood and sleep.</p>	<p>Take 10 drops (0.5mL), morning and evening in water.</p>
	<p><i>Myrrh</i> / <i>Commiphora myrrha</i></p>	<p>Its soothing coating, range of “anti” actions means that antiseptic myrrh has a strong indication for infections and skin issues and wounds.</p>	
	<p><i>Smilax regelii</i> Sarsaparilla</p>	<p>Traditional herbalists and contemporary practitioners alike recognize Sarsaparilla’s potential for detoxification, hormone balancing, and reducing inflammation It is used in chronic skin conditions, particularly cystin acne. It is known for its alterative properties, meaning it can promote systemic detoxification and support the body in clearing wastes and toxins. It’s anti-inflammatory action can be beneficial for swollen, painful lesions and address systemic inflammation, which can underlie chronic skin flare-ups.</p>	<p>Build up* to 80 drops (4 mL) in water, mixed with J.Kloss <u>OR</u> Liver Juice, 2 x day.</p> <p>*Start with lower dose (20-40 drops) for a few days and see how body reacts, gut etc. May need to take with food.</p>

Further comments: It might be useful to get a small medicine measuring cup, can buy on amazon, reusable or disposable.

Product	Herb	Intent	Instruction
<p>Dr. Reckeweg R32 \$32.00</p> <p>Available at this site, store in NY, contact them: Gemmos USA 550 Grand Street, Brooklyn, NY, 11211, United States 646.414.4000 gemmos.usa@gmail.com</p> 	<p>Blend of homeopathics:</p> <p><i>Acidum nitricum</i> <i>Belladonna</i> <i>Jaborandi</i> <i>Kalium carbonicum</i> <i>Salvia officianalis</i> <i>Sambucus nigra</i> <i>Sanguinaria</i> <i>Sepia</i> <i>Veratrum</i></p>	<p>What is homeopathy? A system of alternative medicine developed in the late 18th century based on the principles that “like cures like” and the “law of minimum dose”. It works on the energetics of the body, aiming to gently stimulate the body’s innate ability to heal itself. Though it is a more traditional form of natural medicine, it is used by practitioners around the world and remains popular due to its highly diluted, low-cost safe remedies.</p> <p>These remedies are specific for highly disagreeable sweat, particularly hyperhidrosis of varying genesis. Sweating, exhaustion - weakness between the shoulder blades, especially during nocturnal perspiration.</p>	<p>Take 10-15 drops with some water, for general use*, 2-4 x a day.</p> <p>*In cases of intermittent perspiration e.g. in nocturnal perspiration several doses, at an interval of 1/4 hour, of 10-15 drops.</p>

Further comments: If you notice any symptoms like heartburn when taking these, take closer to food 5 minutes before. If still experiencing symptoms take as you start eating. Try and be consistent and record any changes you notice, to discuss at next appointment.

Nutrition

Product	Hero ingredients	Intent	Instruction
<p><u>NAD+</u> by Qualia \$53.11 (optional)</p>  <p><i>Capsules, vegan</i></p>	<p>NAGEN® (nicotinamide riboside chloride)</p>	<p>NAGEN is a precursor to NAD+ (Nicotinamide Adenine Dinucleotide), which is a coenzyme found in all living cells that plays a crucial role in cellular metabolism and energy production. It is essentially a "helper" molecule that enables many important biochemical reactions within the cell and is thus important for energy levels.</p> <p>As women age, NAD+ levels naturally decline in all cells, including oocytes. This decline in NAD+ has been linked to a reduction in egg quality and fertility as well as an increase in chromosomal abnormalities, which can lead to infertility, miscarriage, or developmental issues in offspring.</p> <p>Preliminary research on NAD+ precursors has shown promising results in animal studies for improving oocyte quality and ovarian function. These studies suggest that supplementing with NAD+ precursors could potentially delay the age-related decline in fertility, although more human studies are needed.</p>	<p>Take 2 capsules in the morning with water.</p>
	<p>B Vitamins Coffeeberry Resveratrol</p>	<p>B's are essential in energy production & nervous system balance. Antioxidants protect cells and mitochondria from free radical damage.</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.
- Please keep all medication out of reach of children.

Diet

Intervention	Instruction	Intent
<p>Fiber</p> <p><i>Fiber-rich foods help regulate digestion, support a healthy gut microbiome, maintain stable blood sugar levels, and cholesterol levels.</i></p>	<p>For optimal health, naturopaths recommend a daily fiber intake of 30-40 grams for adults, emphasizing a mix of both soluble and insoluble fibers.</p> <p>Begin slow, including 1 Tablespoon of a fiber powder (see Shopping List), with a breakfast yogurt or smoothie.</p> <p>Try and include 1 more fiber food into your daily diet just by being aware, see handouts below.</p> <p>Ensure you continue drinking adequate water when adding fiber into the diet, to ensure smooth passage.</p>	<p>Increasing fiber intake, particularly soluble fiber, supports better cholesterol levels by directly influencing both LDL ("bad") and HDL ("good") cholesterol.</p> <p>Binding Bile Acids: Soluble fiber binds to bile acids in the digestive tract, which are made from cholesterol. This prevents bile acids from being reabsorbed into the bloodstream, forcing the liver to use more cholesterol to produce new bile acids, thereby lowering LDL cholesterol levels.</p> <p>Reducing Absorption of Dietary Cholesterol: Soluble fiber forms a gel-like substance in the intestines, which can trap cholesterol and prevent its absorption reducing reduces the amount of cholesterol entering the bloodstream.</p> <p>Promoting Excretion: Fiber increases the excretion of cholesterol-bound bile acids and cholesterol through the stool. 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, amoung other things, reduce inflammation and gut health.</p>

Lifestyle

Intervention	Instruction	Intent
Functional testing (through Naturopath only)	<p>HTMA “Hair Tissue Mineral Analysis” includes comprehensive report</p> <p>Profile 1: \$125 USD + USPS postage (envelope)</p> <p>Contact me for further instructions, should you choose this option.</p>	<p>A Hair Tissue Mineral Analysis (HTMA) is a non-invasive laboratory test that measures the mineral content in hair. By analyzing the levels and ratios of various minerals and heavy metals in the hair, HTMA provides insight into a person's nutritional and metabolic profile, which can reveal potential imbalances or toxicities contributing to health issues. It's used in naturopathic and functional medicine to assess how underlying mineral imbalances might be affecting health, especially when symptoms persist without a clear diagnosis.</p> <p>Nutritional Deficiencies: Identifies deficiencies in essential minerals, such as magnesium, zinc, and calcium, which are foundational for balanced mood, clear skin, and proper nerve function.</p> <p>Heavy Metal Toxicity: Detects toxic elements like lead, mercury, cadmium, and aluminum that can disrupt cellular function and contribute to acne, mood disturbances, and hormonal imbalance.</p> <p>Electrolyte Balance: Sodium, potassium, calcium, and magnesium levels reflect hydration status, adrenal health, and stress response. Imbalances can lead to symptoms like excessive sweating and irritability.</p> <p>Metabolic Rate and Oxidative Stress: Helps determine metabolic type (fast vs. slow oxidizer) and overall stress on the body, which can impact anxiety levels and skin health.</p>

Next appointment

I'd like to see you again after the HTMA results are received.

Appointment Goals:

- Discuss mineral insufficiencies
- Review changes since herbal protocol
- Discuss any difficulties in implementing plan

More information



For optimal health, naturopaths recommend aiming for 30-40 grams of fiber daily. Here's a simplified guide with individual ingredients and easy-to-measure portions that can help you meet your daily fiber goals.

High-Fiber Ingredients and Portions:

- Chia Seeds: 1 tablespoon = 5 grams of fiber
- Flaxseeds (ground): 1 tablespoon = 2.8 grams of fiber
- Almonds: A small handful (about 23 almonds) = 3.5 grams of fiber
- Oats (rolled): ½ cup (uncooked) = 4 grams of fiber
- Lentils (cooked): ½ cup = 8 grams of fiber
- Chickpeas (cooked): ½ cup = 6 grams of fiber
- Black Beans (cooked): ½ cup = 7.5 grams of fiber
- Apple (medium, with skin): 1 apple = 4.4 grams of fiber
- Raspberries: ½ cup = 4 grams of fiber
- Sweet Potato (with skin, medium): 1 sweet potato = 4 grams of fiber
- Avocado (medium): ½ avocado = 5 grams of fiber
- Broccoli (cooked): 1 cup = 5 grams of fiber
- Carrots (raw): 1 medium carrot = 1.7 grams of fiber
- Pumpkin Seeds: 1 tablespoon = 1.1 grams of fiber
- Whole Grain Bread: 1 slice = 2 grams of fiber
- Brown Rice (cooked): 1 cup = 3.5 grams of fiber

How to Add Fiber to Your Day:



Breakfast Ideas:

- Add 1 tablespoon of chia seeds to your smoothie or oatmeal for an extra 5 grams of fiber.
- Top your toast with ½ avocado to add 5 grams of fiber.
- Add 1-2 tablespoons of fibre mix (see shopping list) to a bowl of greek yogurt and berries for to add 2-3 grams of fiber.

Lunch Ideas:

- Toss ½ cup of chickpeas into your salad for an extra 6 grams of fiber.
- Use 1 cup of cooked broccoli in a stir-fry to boost your fiber by 5 grams.

Snack Ideas:

- Enjoy a handful of almonds (about 23 almonds) for a quick 3.5 grams of fiber.
- Pair an apple with skin with a tablespoon of almond butter for an easy 5+ grams of fiber.

Dinner Ideas:

- Serve your meal with ½ cup of lentils to add 8 grams of fiber.
- Bake a sweet potato with skin for 4 grams of fiber and top it with a sprinkle of pumpkin seeds for an extra 1.1 grams.