



**naturally
anew**

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Jamie

Treatment Goals (short-term)


1. Support mood, hormones & skin **via** investigating hormones & neurotransmitters to provide targeted support.
2. Support mood & sleep via boosting calming neurotransmitters to promote deeper sleep patterns and reduce stress and anxiety. Improve iron parameters **via** providing cofactors to support iron absorption
3. Support digestive function **via** invigorating digestive secretions and bile production to encourage complete digestion, absorption and assimilation of macro and micronutrients
4. Support energy levels **via** supporting essential cofactors in energy production to correct deficiencies and increase motivation, stamina, mental clarity and overall vitality.

Treatment Goals (long-term)

1. Support hormonal regularity
2. Support stress and sleep
3. Support GIT health to increase and maintain nutrient retention
4. Support skin and allergic/immune reactivity

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<div>Customised Herbal Mix by ME</div> <div>105ml: \$30</div> <div>210ml: \$50</div> <div></div>	<i>Withania somnifera</i> Ashwaganda	Withania, a calming adaptogen , strengthening emotional resilience by modulating GABA, serotonin, and cortisol levels. It promotes balance in the gut-brain axis, and has hormone-regulating properties that support the adrenal and reproductive systems.	<div>Take 7.5ml in a small amount of water, 2 x day. (Dinner & Bedtime may work if gearing for sleep)</div> <div>Alternatively take 5ml, 3 x day.</div>
	<i>Humulus lupulus</i> Hops	Hops is a calming nervine and sedative herb that binds to melatonin receptors and promotes relaxation through GABA and serotonin pathways. Its hypothermic effect aids in lowering body temperature, enhancing sleep initiation. It is not sedative in low doses but acts as a gentle relaxing nervine. At higher doses, it exhibits stronger sedative effects , making it useful for promoting deeper sleep.	
	<i>Matricaria chamomila</i> Chamomile	Chamomile is a gentle yet powerful nervine herb that enhances GABA activity, soothing anxiety, promoting restful sleep, and easing tension-related gut discomfort like bloating. Its ability to harmonise the gut-brain axis supports emotional and hormonal balance.	
	<i>Leonarus cardiaca chamomila</i> Motherwort	Motherwort, a calming herb that supports emotional balance and restful sleep by enhancing GABAergic and NMDA-receptor activity, while also grounding the nervous system. Its bitter properties stimulate digestion, supporting gut health, highlight its role in harmonizing the gut-brain-reproductive axis for overall emotional and hormonal resilience.	

Lifestyle

Intervention	Instruction	Intent
<p>Functional Testing: The D.U.T.C.H Test*</p> <p>\$399 through RN Labs, you will receive an email to order yourself.</p> <p><i>If you would like me to order on your behalf and have it sent to you let me know.</i></p> <p>*This test helps identify root causes of symptoms like fatigue, mood swings, and hormone-related issues.</p>	<p>Collect 4-5 Urine Samples over a guided period of time, from dinnertime to 2 hours after waking.</p> <p>Collection time should be taken between days 19-22 of a 28 day cycle.</p> <p>Complete information will be included in the kit that will be sent out.</p> <p>I will include a sample report and the basic collection information in the email.</p>	<p>The DUTCH Complete Advanced Hormone Assessment is a detailed urine test that provides insights into your hormonal and metabolic health. It evaluates:</p> <ul style="list-style-type: none">• Oestrogen and Metabolites: Tracks how your body produces and breaks down oestrogen, helping identify risks like hormone imbalances or detoxification issues.• Androgens and Metabolites: Measures testosterone, DHEA, and their breakdown products to assess energy, libido, muscle function, PCOS.• Progesterones : Highlights your body's progesterone levels for reproductive and mood health.• Cortisol & Cortisone: Analyzes stress hormone production and metabolism over 24 hours, revealing adrenal health.• Melatonin: Tracks sleep-wake cycle regulation.• Oxidative Stress Marker: Assesses cell damage and antioxidant capacity.• Neurotransmitter Metabolites: Reflects brain chemical balance, mood, and energy.• Nutritional Organic Acids: Identifies vitamin and nutrient imbalances impacting energy and metabolism.• Creatinine: Ensures accuracy of results by adjusting for urine concentration.

Next appointment

I'd like to see you again after we receive your test results, should be after the Holidays.

Reach out in between if you need refill of liquid herbs.

Appointment Goals:

- Discuss results and next steps
- Check in on hormones, skin reactivity, iron absorption, general gut health, sleep, mood, energy.