



**naturally
anew**

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Levi

Treatment Goals (short-term)

1. Regulate blood sugar *via* supporting insulin sensitivity and reducing cravings
2. Support prostate health *via* decreasing 5-alpha-reductase preventing the conversion of testosterone to the stronger version 5-alpha reductase - reducing benign prostatic hypoplasia (enlarged) formation
3. Support arterial integrity and blood pressure *via* reducing coronary artery calcification progression to reduce risk factors for cardio event

Treatment Goals (long-term)

1. Reduce cardiovascular/metabolic risks
2. Support longevity, health and wellbeing
3. Maintain sleep patterns
4. Reduce arthritis and prevent progression

Overall Protocol

Including adjustments to previous prescriptions

Take with meal, away from pharmaceutical medication:

- Take 1 scoop x Cardio-H++
- Take 7.5ml x Pros Herbal Mix
- Take 1 capsule x Kyolic Cholesterol

Take with evening meal, away from pharmaceutical medication

- Take 1 scoop x Cardio-H++
- Take 7.5ml x Pros Herbal Mix
- Take 1 capsule x Kyolic Cholesterol

OPTIONAL

- Take 2 x Green Omega 3 (with biggest meal of the day)
- Take 1 x Collagen Matrix (eggshell membrane)

Shopping List

Order from NaturalScript with your prescription

1. Cardio-H++

2. Prost Herbal Mix

IF NEED:

1. Kyolic Cholesterol Formula

2. Green Omega

3. Collagen Matrix

READ ON FOR THE FULL REPORT

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<p>Personalised Herbal Mix ‘Pros” (liquid)</p> <p>\$48.97</p> <p>Order via NaturalScript, click here</p>	<p><i>Serenoa repens</i> Saw Palmetto</p> <p><i>Urtica dioces radix</i> Nettle root</p> <p><i>Crataeva nurvala</i> Crataeva</p>	<p>Improves overall tone of reproductive system, particularly the prostate. These herbs, in combination, offer anti-inflammatory, antioxidant, tonic actions, decreasing the severity of urinary problems, including urinary frequency, urgency, and nocturia in participants. A 2020 study found that one herb was comparable to drugs used to treat mild to moderate BPH.</p>	<p>Take 7.5 ml 2 x day with a little water, like a shot, followed by a full glass of water to wash it down.</p>
	<p><i>Centella asiatica</i> Gotu Kola</p> <p><i>Pinus pinaster</i> Maritime Pine</p>	<p>These herbs are shown to reduce the number of cholesterol depositions on arterial walls, plaque density, length, and height, in clinical trial. They also exhibit antioxidant effects of reducing stickiness of platelets and reducing clotting problems.</p> <p>These ingredients also support optimal health including brain function, arthritis and protection from viral attacks.</p>	
	<p><i>Gymnema sylvestre</i> Gymnema</p>	<p>This herb is used to curb appetite and support blood sugar regulation.</p>	

Nutrition

Product	Hero ingredients	Intent	Instruction
Inositol, addition to Cardio H mix	Inositol	<p>Inositol supports blood glucose control helping the respond better to insulin and movw glucose out of blood and into cells, where it's utilized for energy.</p> <p>Studies have shown inositol to be comparable to metformin (diabetes medication) at the right nose, with many fewer side effects.</p> <p>It is also a mild lipotropic agent that helps ith weight loss and the redistribution of body fat.</p>	Take 1 scoop of powder with water in the morning and evening.

Further comments: If it is sometimes difficult to take this powder with food in the morning, due to scheduling, eating on the run, you can try and take it before eating and see if there are any reactions (like nausea or upset stomach), many people can tolerate taking this before food. Remember, to experience best results, consistency is key.

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.

Intervention	Instruction	Intent
Drink Green Tea 2 -3 cups a day of good quality green tea.		A 2023 Review Study found that Green tea was effective at reducing blood pressure in patients with diabetes and hypertension.

Intervention	Instruction	Intent
Further Testing: Pathology (through GP)	Check in again on metabolic markers, blood sugar in a few months.	
Physical activity	<p>150 min of moderate or 75 min of vigorous activity per week</p> <p>reduces risk of cardiovascular disease, type 2 diabetes, psychosocial & musculoskeletal problems.</p> <p>Even something as simple as taking a 5- 20-minute post-meal walk right after eating can help reduce a meal's glycemic impact, leading to less extreme spikes in glucose.</p>	<p>Regular exercise not only reduces body fat but supports the means to reduce the inflammatory response by the body</p> <p>It is particularly important to support blood sugar and prevent diabetes.</p> <p>Must get the blood moving to switch down the glucotoxicity and lipo toxicity.</p> <p>Physical activity works to get the blood glucose moved out of the bloodstream to be used as energy rather than substances that drive further inflammation</p>

Next appointment

Be in touch in a few months after your next blood test.