



**naturally  
anew**

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## Treatment Goals (short-term)

1. Support cardiovascular health (blood pressure, arterial integrity) *via* supporting Nitric Oxide production, reducing inflammation and oxidative stress, supporting endothelial and plaque health
2. Reduce LDL cholesterol levels *via* binding cholesterol and bile acids in the intestines and increasing excretion away from bloodstream
3. Support stress & hydration *via* supporting HPA axis and correcting nutrient/mineral deficiencies
4. 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

## Treatment Goals (long-term)

1. Reduce risk of cardiovascular event
2. Support metabolic health
3. Support prostate health
4. Support healthy aging

# Naturopathic Treatment Plan

## Herbal

Product	Herb	Intent	Instruction
<p><b>Garlic Synergy</b> by Designs for Health \$39.95</p> 	<p>A blend of dry aged black garlic, fresh garlic bulb extract and parsley herbal extract.</p>	<p>Garlic is a powerful natural remedy for supporting cardiovascular health. It contains allicin, a sulfur compound with strong antioxidant and anti-inflammatory properties, which helps reduce oxidative damage to arterial walls and maintain arterial integrity. Garlic has been shown to lower blood pressure by promoting the relaxation of blood vessels through enhanced nitric oxide production, improving overall vascular function. Additionally, garlic can help regulate cholesterol levels by reducing LDL (bad cholesterol) and increasing HDL (good cholesterol), while also decreasing triglyceride levels. Its ability to reduce the oxidation of LDL cholesterol is particularly important, as oxidized LDL is a key contributor to arterial plaque formation. Regular garlic consumption may also prevent the aggregation of platelets, reducing the risk of blood clots and supporting healthy blood flow. Together, these effects make garlic a valuable ally in protecting cardiovascular health and reducing the risk of atherosclerosis.</p>	<p>Take 2 capsules in the morning.</p>

# Naturopathic Treatment Plan

## Homeopathic

Product	Herb	Intent	Instruction
<p><b>Kali Phos</b> by Scheussler \$10.48</p>  <p><i>Vegan, Spray</i></p>	<p>Kali phos <i>(potassium phosphate) tissue salt</i></p>	<p>Kali Phos (Potassium Phosphate) is a homeopathic tissue salt that supports the body at a cellular level and is particularly known for its effects on the nervous system and energy production.</p> <p><b>Kali Phos works to support the bioavailability of potassium at a cellular level,</b> helping to address mild potassium imbalances, especially those that can arise from stress, poor diet, or illness.</p> <p>It helps calm and strengthen the nervous system, making it particularly useful for symptoms like stress, anxiety, irritability, or mental fatigue. By supporting the nervous system, it may help reduce the impact of stress on the cardiovascular system, such as high blood pressure or heart palpitations caused by tension.</p> <p>Potassium is essential for proper muscle contraction and relaxation. A deficiency in potassium can disrupt this balance, leading to <b>cramping</b> and muscle spasms. Stress and nervous tension can deplete electrolytes and contribute to muscle cramps. Kali Phos is known to calm the nervous system and restore balance, addressing leg cramps that worsen with stress or fatigue.</p>	<p>Take 4 sprays 4 times daily.</p> <p>Keep on your desk and every few hours, away from food and drink spray 4 sprays, throughout the day.</p>

# Nutrition

Product	Hero ingredients	Intent	Instruction
<p>AlkaMin Calm by Orthoplex White</p> <p>\$42.35</p>  <p><i>Vegan, Powder</i></p> <p><i>*Your blood test showed low potassium and other signs of dehydration.</i></p>	<p>Magnesium</p> <p>Minerals: Calcium, Potassium*, Zinc, Selenium, Chromium, Molybdenum</p>	<p><b>Energy, Stress &amp; Anxiety:</b> Magnesium is a cofactor for energy production, helps regulate stress hormones and balances neurotransmitters reducing stress and anxiety. <b>Electrolyte balance:</b> These charged ions help regulate essential bodily functions, including fluid balance, nerve function, muscle contraction, and maintenance of proper pH levels. Maintaining the right electrolyte levels is essential for cardiovascular health as electrolytes, particularly sodium and potassium, are critical for managing blood pressure fluctuations.</p>	<p>Take 1 scoop of powder, in approximately ½ cup of water, the morning, with breakfast. Take 1 scoop of powder with water in the evening, after dinner.</p>
<p>Oxyguard by Biomedica</p> <p>\$49.64</p>  <p><i>Vegan, Capsules</i></p>	<p>Resveratrol Grape Seed Bilberry Turmeric St Mary's Thistle Vitamin A, C, E Zinc Selenium</p>	<p>Ingredients include resveratrol, green tea , grape seed, and bilberry work to reduce oxidative stress, which protects arteries from damage and helps prevent arterial plaque buildup. Turmeric and St. Mary's Thistle provide potent anti-inflammatory effects, further supporting healthy blood vessels and reducing systemic inflammation. Essential vitamins like A, C, and E, alongside zinc and selenium, enhance cellular repair and combat free radicals. Amino acids support detoxification pathways and overall cardiovascular function.</p>	<p>Take 1 capsule in the morning and evening, 2 total per day.</p>

Product	Hero ingredients	Intent	Instruction
<p><b>Ubiquinol 300mg</b> by Bioclinic Naturals \$130.96</p>  <p>KOSHER ingredients, including Gelatin.</p>	<p>High Dose Ubiquinol (<i>active form of CoQ10</i>)*</p> <p>*By age 30, the body's ability to convert ubiquinone (CoQ10) into ubiquinol decreases due to diminished enzymatic activity. This makes supplementation with ubiquinol more beneficial for older adults.</p>	<p>Ubiquinol vs. CoQ10 in Cardiovascular Disease (CVD):</p> <ul style="list-style-type: none"><li>• A 2019 randomized clinical trial compared ubiquinol with ubiquinone in patients with heart failure. The study administered 300 mg/day of ubiquinol and observed a <b>significant improvement in endothelial function and a reduction in markers of oxidative stress</b> compared to ubiquinone. The superior bioavailability of ubiquinol was highlighted as a key factor.</li><li>• Another trial investigated 200 mg/day of ubiquinol in patients with <b>hypertension</b>. Over 12 weeks, participants showed a reduction in systolic blood pressure by approximately 10 mmHg and improved arterial stiffness markers, suggesting potential benefits in vascular health.</li></ul> <p>Also, Statins deplete CoQ10 levels in the body.</p>	<p>Take 1 capsule each day with biggest meal.</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](mailto: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.

# Diet

Intervention	Instruction	Intent
Increase water intake (3L)	<p>Aim for 3L of mineral water daily.</p> <p>Room temperature water is ideal as it causes the least stress on the body and requires minimal additional adjusting of the organs to temperature variations, conserving your cellular energy for 'important' things.</p> <p>Drinking while in a sitting position also supports ideal water ingestion and flow to the stomach.</p> <p>Avoid drinking alot with meals, try only drinking small sips if needed and drink majority of water around meals.</p>	<p>Water is important not only to flush out your system for daily environmental toxin exposure but it also supports most processes in the body including cellular, circulatory, temperature regulation and importantly digestive function.</p> <p>It is also one (of many) crucial factors in preventing and alleviating <b>constipation</b>; increasing stool bulk and consistency, and easing the passage through the intestines.</p> <p><b>Many of the signs in your bloodtest pointed towards dehydration. Adding the AlkaMin Calm, and increasing water intake should adequately hydrate.</b></p>

# Diet

Intervention	Instruction	Intent
Increase potassium in the diet	<p>Focus on these potassium rich foods in your diet:</p> <ul style="list-style-type: none"><li>• Avocados</li><li>• Bananas</li><li>• Potatoes</li><li>• Apricots</li><li>• Prunes</li><li>• Cantaloupe,</li><li>• Honeydew</li><li>• Grapefruit</li><li>• Oranges</li><li>• Leafy greens</li><li>• Peas</li><li>• Beans</li><li>• Mushrooms</li><li>• Tomatoes</li></ul> <p>Substitute your salt with this Potassium Rich Salt, kosher from <a href="#">iherb</a></p>	<p><b>Your blood test shows low potassium, consistently.</b></p> <ul style="list-style-type: none"><li>• Your medication is depleting potassium.</li><li>• Stress is depleting potassium.</li><li>• Dehydration is dysregulating potassium.</li></ul> <p>Potassium deficiency can lead to a range of health issues, including high blood pressure, muscle cramps, fatigue, and irregular heart rhythms. It may also impact kidney function and bone health, as potassium is crucial for maintaining electrolyte balance and supporting proper cellular function. Chronic deficiency can increase the risk of cardiovascular disease and other metabolic disorders.</p> <p>There is strong evidence from a <a href="#">randomised trial</a> of 20,995 people that <b>switching to potassium-enriched salt lowers blood pressure and reduces the risks of stroke, heart attacks and early death.</b> The participants had a history of stroke or were 60 years of age or older and had high blood pressure.</p>





Intervention	Instruction	Intent
<p><b>Include more fibre</b></p> <p><b>Add 1 scoop of Paleo Fibre to water or yogurt OR LSA Mix (from Royal Nut Company).</b></p> <p>See End of Report for more meal ideas.</p>	<p>The Australian Dietary Guidelines recommends approximately 25g of fibre per day, minimum, with <b>Naturopathic ideal levels ultimately at 38g/day.</b></p> <p>Most people do not achieve this.</p> <p><b>Breakfast ideas:</b></p> <ul style="list-style-type: none"> <li>• Greek Yogurt (protein) + berries + 1 tablespoon of ground flaxseeds/LSA chia seeds/psyllium husk/<u>PALEO FIBRE</u></li> <li>• Cooked oats (fibre) with greek yogurt (protein) + apple with skin (fibre) + chia seeds</li> </ul> <p><b>Lunch ideas:</b></p> <ul style="list-style-type: none"> <li>• Salad with tuna/salmon/chicken + dark leafy greens (fibre) + vegetables with skin (fibre) + pumpkin seeds/sunflower seeds</li> </ul> <p><b>Dinner ideas:</b></p> <ul style="list-style-type: none"> <li>• Soup with barley, lentils, beans.</li> </ul> <p>Snack: Cooked apples, like homeade applesauce is a great source of fibre.</p>	<p>Increasing fiber intake, particularly soluble fiber, <b>supports better cholesterol levels by directly influencing both LDL ("bad") and HDL ("good") cholesterol:</b></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, among other things, reduce inflammation and gut health.</p>

Intervention	Instruction	Intent
Further Testing: Pathology (through GP)	<b>1.Homocysteine</b>	Testing homocysteine levels is a valuable tool for understanding your cardiovascular and overall health. Homocysteine is a byproduct of protein metabolism, and high levels in the blood can indicate an increased risk of certain health issues.
	<b>2. Serum B12</b>	B12 deficiency can can lead to symptoms such as fatigue, weakness, and cognitive impairments. Sublingual supplementation, under the tongue, has been shown to quickly bring up levels and energy with it.
	<b>3. Uric Acid</b>	High uric acid levels have been associated with an increased risk of hypertension (high blood pressure), a major contributor to CVD. Elevated uric acid can also promote oxidative stress and inflammation, both of which can damage blood vessels and lead to plaque buildup, increasing the risk of atherosclerosis, heart attack, and stroke.

Intervention	Instruction	Intent
Functional Testing (through Naturopath): Cardiovascular Profile – Comprehensive 2 Cholesterol, Triglycerides, HDL, LDL, ratios, Fasting Glucose, Homocysteine, Apolipoproteins A & B, Lipoprotein (a), Fibrinogen, hsCRP AND LIPOSCREEN LDL subfractions (x7)	1. Apolipoprotein(a), or Apo(a)	Elevated Lp(a) levels are considered an independent risk factor for CVD. It is a genetic marker. Apo(a) levels provide a deeper insight into your cardiovascular health beyond standard lipid profiles. Elevated Lp(a) levels can accelerate atherosclerosis by promoting inflammation, oxidative stress, and clot formation in blood vessels, which increases the risk of heart attacks, strokes, and other CVD-related events.
\$200+ Shipping & Handling	2. hs-CRP (High-sensitivity C-reactive protein)	Indicates levels of inflammation in the body, which can contribute to plaque buildup in arteries.
	3. ApoB	This measures the total number of atherogenic particles (LDL, VLDL), providing a clearer picture of cholesterol-related risks than a standard LDL test.
I RECOMMEND THIS IN 3 MONTHS, and we can see if any improvement in other parameters with this new protocol)	4. Fibrinogen	Elevated levels of fibrinogen are associated with increased risk of cardiovascular disease (CVD) because they indicate increased blood viscosity and inflammation. High fibrinogen levels can contribute to plaque formation in the arteries and increase the likelihood of clotting events such as heart attacks or strokes.

## Next appointment

I'd like to see you again in 3 months for review.

### Appointment Goals:

- Discuss compliance to protocol
- Discuss changes you've noticed
- Discuss possible further testing Comprehensive Cardio Panel (2)

## 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
- Farro: Per cooked cup = 6 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.