



Naturopathy Treatment Plan

Ruth Kennedy
Follow up Sep 28, 2021

I will let you know when your GI Map results are in

Health Priorities

1. Constipation (underlying drivers of digestive health)
2. Pain
3. Energy
4. Sleep

Diet

For now, **continue to reduce gluten as much as possible**, as you are. I am not so much concerned about dairy since its not causing any overt digestive issues or skin issues and was not flagged on your food intolerance test.

Non-coeliac gluten sensitivity can be such a huge issue here in Australia because of the wheat (very different to European wheat for example)

After having another peak at your thyroid results, your antibodies although not above range are higher than I would like them from an 'ideal' standpoint and suggest some inflammation so another reason to go easy on the gluten/wheat

Until I see you again I would like you to try to get in 1-2 more portions of vegetables per day.

1 serve= 1c raw or 1/2 cooked. Anyway you like!

Also, insulin and blood sugar are involved in SO MANY pathologies, and although we haven't tested these, they are important especially for energy production as well.

Start with breakfast- needs to have a good source of protein, fibre and healthy fat. So the addition of the nuts and seeds is great for fat and fibre but we need a more robust protein source. You want to aim for 20g. This is easiest achieved with a savoury breakfast, i.e., eggs (2=about 18g protein) and veggies etc. I make a lot of crustless quiches, eggs with toast, left over roasted veggies with a fried egg, good quality sausages with veggies or smoked salmon with potato salad are some of regular breakfasts.

With cereal the easiest hacks are to add a protein powder, collagen powder or yogurt higher in protein.

We want to move away from a sweet or carbohydrate rich breakfast. Follow @glucosegoddess on instagram she has some great illustrations and food suggestions.

Lifestyle

That is so great you have been able to start back up with your trainer.

Keep getting out in the sunshine when you can

How did you find the meditation?

Prescriptions

Supplements	How much?	When?	Why?
Cascara Complex	1 tablet per day	Once per day for maintenance. You can take up to 3 times per day to get things moving	Constipation and bowel movement maintenance
PreBiome Fibre	3 scoops in water	Before bed might be a good idea or you can divide the dose and take through the day	Maintenance of bowel motions and increase fibre
PEA	1 scoop	Twice per day	Inflammation and nerve pain
TherActive Pain	1 tablet	Three times per day	
Mito Xcell	1 scoop	In water twice per day	Separate from meds ideally by 2 hours if you can This is for mitochondrial support and energy production

Please separate the laxation and prebiome fibre from your medications by 2 hours, they may alter the rate of absorption

**if you experience any adverse reactions discontinue herbal/nutritional product immediately and contact me or your primary healthcare provider to discuss. If you have any other questions don't hesitate to contact me via email or through the studio.*

