



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Nicole Pusic

Practitioner: Amy Phillips

Date: 28/05/23

OBJECTIVES

Heterozygous MTHFR mutation & positive susceptibility genes for mould illness & lymes disease

- Improve low moods – dopamine & serotonin production
- Reduce gut inflammation through investigation gut dysbiosis to reduce brain inflammation (gut-brain axis)
- Upregulate phase two liver detoxification pathways to improve metabolism of sex hormones, mould toxins & histamine
- Regulate hormonal imbalance & manage peri-menopause – PMS symptoms & short 21 day cycle
- Downregulate histamine production & mast-cell activation related to eczema, hay fever & migraines
- Investigate possibility of CIRS/Mould illness - continuing
- Support adrenal gland health & modulate stress response
- Correct nutritional deficiencies found in May 23' bloods
 - o Vit D 56 increase to 120-150
 - o Histamine 86 lower to 40
 - o Zinc 9.8 increase to 15 to improve copper:zinc ratio

DIETARY INTERVENTIONS

- Big focus on anti-inflammatory & anti-oxidant support!
- Avoid gluten & dairy for now
- Anti-inflammatory foods: fish, olive oil, nuts & seeds, avocado, turmeric, garlic, onion, parsley
- Anti-oxidant foods: all purple/blue fruits & vegetables, sage, oregano, green tea
- Implement low histamine foods – recipes below

LIFESTYLE INTERVENTIONS

- Try to eat dinner with the girls – make one extra serve each night
- Purchase ready made meals for your husband so you can go to bed. Suggestions:
 - Dinner Ladies <https://www.dinnerladies.com.au/>
 - <https://alifeplus.com.au/collections/organic-food-delivery>
- Mindful eating at one meal each day to improve digestion (lunch time seems most doable)
- Try to re-implement your journalling daily & add a 5 minute stretching routine for your body beforehand (if you can do this out in the sun – even better!)

PRESCRIPTION/DOSAGE

See prescription document for dosages/timings

Herbal Tonic

MagRelax

BioActive B Complex

Clinical lipids 2:1

Liposomal Glutathione

Primer Plus

OptiActiv D

HistammuneClear

PeptiPro collagen in smoothie when needed

INVESTIGATIONS & REFERRALS

- VCS test - \$15 – Complete it online here - <https://www.survivingmold.com/store/online-vcs-screening>
- Engage a building biologist to assess mould causes in this house & what to look for when moving to another house - Kelly Abeleven & Jeanette Williams are my recommendations – find all your options here: <https://www.asbb.org.au/certified-building-biologist>

LEARN MORE (RESOURCES & LINKS)

- Great book by building biologist – Healthy Homes by Nicole Bijlsma

- Information on mould illness for you
https://www.aph.gov.au/Parliamentary_Business/Committees/House/Health_Aged_Care_and_Sport/BiotoxinIllnesses/Report/section?id=committees%2Freportrep%2F024194%2F26442
- Research paper for Psychiatrist attached

NEXT STEPS/CHECK-IN

- Engage a building biologist
- Discuss vagal nerve stimulation
- Follow up – in a month but please touch base with your VCS test results