



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Jade Robinson
Practitioner: Amy Phillips
Date: 14/05/22

OBJECTIVES

Investigate gastrointestinal dysbiosis/health & SIBO

Eliminate occurrence of thrush/address vaginal dysbiosis

Support liver detoxification pathways

Improve bile flow & digestive secretions to support intestinal motility

Increase bowel movements to 1 x day (type 4)

Reduce inflammation of lower abdomen (bloating, distension & gas)

Minimise PMS symptoms & improve cycle length

Address any nutritional deficiencies (iron, B12, vit D, iodine, zinc)

Manage stress levels & optimise vagal nerve integrity

Investigate/address weight gain (possibly 4kg)

DIETARY INTERVENTIONS

- Continue to **avoid gluten & dairy** containing foods for now.
- Increase **fat consumption** to improve satiety (feeling fuller for longer). This includes olive oil cold, avocado, all organic/raw seeds & nuts, grass-fed butter/ghee, coconut yoghurt/oil/milk, eggs
 - Contain essential fatty acids & fat-soluble nutrients needed for immune, gut, hormones & nervous system health.
- Experiment with more **culinary herbs** in your salads/cooking – raw & cooked – parsley, coriander, thyme, basil
 - They are potent sources of phytonutrients & have nice anti-microbial actions too
- Increase dietary sources of **iron & B12** (see handouts attached)

- These are essential nutrients for energy production, thyroid function & nervous system
- **Basic changes/considerations to current diet:**
 - Breakfast: Add Berries/fruit your gut can handle
 - Meats: always grass-fed or organic when possible (fat on these meats has a good omega 3/6/9 profile compared to grain-fed so should be eaten)
 - Fish: mix it up with tinned sardines/mackerel/boiled eggs (x2) – try and purchase wild-caught fish where possible
 - Snacks: always raw & preferably activated nuts/seeds. Other ideas: chia pudding with fruit, peanut butter or hard-boiled egg on nori sheets
 - Yoghurt/milk: coconut variety (coyo is a good brand), always check ingredients on tubs you find, avoiding ones with too many thickeners/gums/sugars etc
 - Mayo: this is a fantastic alternative that is amazing for your gut too. Can be found at health food stores https://au.gevityrx.com/products/bone-broth-sauce-great-guts-mayo?gclid=Cj0KCQjwg_iTBhDrARIsAD3Ib5h0713USShIQy182FBiU7ouPwKxoJXHtx-g7h51T-7JjNmNUHzlQIaAucXEALw_wcB
 - Add organic chamomile & peppermint teas at any point throughout your day to reduce bloating & discomfort, settle the nervous system
- Ensure water intake is at least 2L per day extra 500mls on gym days – this includes herbal teas

LIFESTYLE INTERVENTIONS

- Consider only using/buying **organic cotton tampons**/pads as other brands can have additive dyes/irritants/chemicals which disrupt vaginal microbiome
- Daily 3-5 minute **Vagal Nerve stimulation** exercises – nerve that runs from gut to brain - stimulation can help with intestinal motility – humming, gargling, singing, laughing, cold water therapy (shower or ocean)

PRESCRIPTION/DOSAGE

See prescription document for table

Symptomatic Support for next 4 weeks:

- **Orthoplex MagGI Restore** – stress, energy & gut support – 1 x scoop in water each morning upon waking or with food but at least 1 hour away from coffee
- **Digestive Herbal Tonic** – liver detoxification, bile production & intestinal inflammation – 7.5mls diluted in water before breakfast & dinner & away from coffee/alcohol

Your own supplement:

- Metagenics Ultra Flora Restore – take as previously prescribed until finished.

For thrush if needed:

- **Biomedica Femex Forte** – probiotic – 1 x capsule day before bed
- 1 tbsp Greek yoghurt & 1 tsp coconut oil mixed & lathered onto vulva – wear a pad to catch excess & keep on overnight
- Lots of water

INVESTIGATIONS & REFERRALS

- **GI-Map** – order has been sent via email from Designs for Health – requires payment & then they will send test kit to you.
- **Pathology** (blood tests) I'd like to see – Iron studies, B12/folate, vitamin D, Thyroid Function Tests
- Please complete a **7-day diet & symptom diary** before next appointment (attached)
- GSRS Gut Health Questionnaire – to rate where you are at now & give us a baseline to see improvements

LEARN MORE (RESOURCES & LINKS)

- GI Map Test information (attached)
- Great book – Hormone Repair Manual by Lara Biden
- Handouts for Iron & B12 food sources
- Progressive Muscle Relaxation - <https://www.youtube.com/watch?v=ClqPtWzozXs> – tension/stress relief
- The Tapping Solution - <https://www.thetappingsolution.com/> - tension/stress relief

NEXT STEPS/CHECK-IN

- Please upload any recent testing (functional/standard bloods) you've done (past 6-12 mths)
- Next appointment - 4 weeks – 9am 11th June in person – to discuss GI-Map results & targeted treatment plan – if it doesn't suit just let me know.
- Any questions between consults about treatment/symptoms - please email me aim.naturalhealthcare@gmail.com