



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Marinella Faggion DOB: 20/03/1988

Practitioner: Amy Phillips

Date: 16/03/22

OBJECTIVES

- Increase hunger signals & digestive secretions (HCL, pancreatic enzymes, bile)
- Support liver health & detoxification pathways to help eliminate wastes, excess hormones from the body
- Regulate blood sugar levels to support consistent energy
- Modulate cortisol wave (high morning/low evening) by supporting adrenal gland health
- Improve sleep quality (maintenance) to assist fatigue levels & recovery
- Investigate/reduce hormonal acne (cheek & jawline)
- Investigate possible causes of nasal blockages – food intolerances, environmental allergies, physical structure
- Investigate possible nutrient deficiencies responsible for fatigue (iron/B12/thyroid)

DIETARY INTERVENTIONS

- Avoid coffee before food & 30 mins after (treat it as a reward for eating breakfast)
 - Reasoning: coffee spikes our cortisol levels, suppresses our appetite & dysregulates blood sugar levels which can all affect energy.
- Consume ½ lemon or 1 tsp of apple cider vinegar in 150mls water with digestive bitter tablet each morning upon rising
- Start eating breakfast (fat & protein rich) even if it's only small right now– make something for yourself while getting the kids breakfast
 - Reasoning: you need to nourish yourself to give you the energy to nourish them
 - It will help your body regulate its cortisol rhythm & blood sugar levels (longer lasting energy)

- Ideas (for you & the kids):
 - Chia pudding (batch cooking) with collagen powder & garnish with any nuts, seeds, yoghurt, fruits you like
 - 2 x hard boiled eggs (batch boil on the weekend)
 - Quinoa Porridge with almond milk & berries/honey – batch cooked & kept in containers
- Remain strictly gluten, refined sugar & dairy free for the next 3 weeks & keep a diet diary (attached) to track symptoms – this is the first step of inflammatory food restriction with possible food intolerances.
 - Coles pasta alternatives – lentil/black bean pasta varieties from health food aisle
 - Links to healthy recipes/snacks to help with this are below
- Ensure water intake is adequate at least 2-2.5L (includes herbal teas, extra cup of water needed for each coffee) in your humid environment

LIFESTYLE INTERVENTIONS

- Look into getting your aircon cleaned professionally (may need new filters)
- Try sinus flushes 4 days/week to help nasal congestion
https://www.chemistwarehouse.com.au/buy/53787/flo-sinus-care-starter-kit-12-sachets?gclid=CjwKCAjwIcaRBhBYEiwAK341jdO9C7-RbrXkd7MRNjHI3DEfo4EJiwaA6OTv7rpr6VtL3r1zbrnOfxoC6jAQAvD_BwE&gclidsrc=aw.ds
- Vagal Nerve Stimulation Exercises for HPA (hypothalamus, pituitary & adrenal) axis regulation (5 minutes on one activity at least once a day) – Humming, gargling, singing, laughing, cold water therapy (cold shower immersion)

PRESCRIPTION/DOSAGE

See prescription document for table

- 100g Anti-viral cream - Thuja – 7.5ml, Calendula - 5ml, Lemon Balm - 7.5ml
 - Apply generously & rub into affected areas each night after bathing/showering.
- Digestive Bitters – 10 drops before each meal – savour the flavour & swish before you swallow
- Lipotropex – 1 scoop in 150-200mls water morning & lunch time – after a week, if well tolerated increase to 1.5 scoops morning & lunch
- 200ml Adrenal Herbal Tonic: Rhodiola 40, Licorice 40, Astragalus 50, Withania 60, Siberian ginseng 20 – 5mls diluted in water twice daily, if well-tolerated increase to 7.5mls diluted in water twice daily.
- Rejuvasleep Forte N – start with 1 capsule if well-tolerated or sleep not improving, increase to 2 capsules each night

INVESTIGATIONS & REFERRALS

- Please get basic health check-up bloods from GP (medicare rebate) or myself (non-medicare) – FBC, BGL, homocysteine, Thyroid panel, Iron studies, B12/folate, plasma zinc, E LFTs, lipid studies & vitamin D, H-pylori breath test
 - I recommend you go to GP first asking for health check, mention fatigue, sleep issues etc & see what they test then I can refer & you pay for anything extra we may need from this list – if you just want to pay for them all through me then let me know (approx. \$350)
- Ask GP for referral to ENT specialist to inspect nasal passages/structures
- Further investigations if issues continue:
 - GI-MAP – complete microbiome stool analysis & intestinal health
 - Sleep cortisol profile
 - IgG Food intolerance testing with complement

LEARN MORE (RESOURCES & LINKS)

Great sites for healthy recipes for you & the kids to get inspired

- <https://thenaturalnutritionist.com.au/recipes/>
- <https://www.sheridanjoy.com/recipes>
- <https://www.boobtofood.com/recipes>

Other adrenal/nervous system techniques:

- The Tapping Solution - <https://www.thetappingsolution.com/>
- Havening Technique - <https://www.youtube.com/watch?v=09IDxrXAI2s>
- Progressive Muscle Relaxation - <https://www.youtube.com/watch?v=ClqPtWzozXs>

NEXT STEPS/CHECK-IN

- Standard follow up appt. 06/04/22 at 11am your time (1.30pm mine)
- Upload results to your client portal once you have received them from your GP