



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Jade Robinson
Practitioner: Amy Phillips
Date: 17/06/23

OBJECTIVES

Findings from GI MAP June 2022

- Low phyla/diversity of microbes in the microbiome
- Low levels of normal flora spp - *Bacteroides fragilis* & *Faecalibacterium prausnitzii*
- High levels of normal flora spp – *Enterococcus spp.* & *Akkermansia muciniophila*
- High inflammation with elevated Anti-gliadin IgA & dysbiotic opportunistic bacteria – *Streptococcus spp.*, *Enterococcus faecium*, *Bacillus spp.*, *Citrobacter spp.* & *freundii*.
- Elevated zonulin levels suggesting compromised gut lining integrity (leaky gut)

Address dysbiosis & inflammation found in GI MAP results

Upregulate liver detoxification pathways to support oestrogen clearance & future endotoxin release with anti-microbial protocol

Improve bile flow & digestive secretions to support intestinal motility to reduce nausea, bloating

Increase stool bulk consistency to assist intestinal peristalsis (formed stools)

Minimise PMS symptoms & improve cycle length

Investigate/address any nutritional deficiencies affecting energy levels or thyroid health (iron, B12, vit D, iodine, zinc)

Manage stress levels & optimise vagal nerve integrity to support gut health

Investigate/address weight gain (possibly 2kg)

DIETARY INTERVENTIONS

GUT HEALTH

- Allow 5 hour break between meals with 12-14 hour fast overnight – no snacking to allow gut to rest

- **Mix up vegetables** week to week & use varied options for lunch & dinner eg. Bed of Rocket & coriander with baked vegetables on top
- Consume 2 cups of **bone broth** daily – Gevity Rx or Best of Bone (found at health food stores) are great brands or you can make your own with grass-fed bones if you have time.
- Consume **organic licorice & peppermint teas** throughout your 5-hour window to support the gut & curb any sugar cravings – cold or hot is fine

HORMONAL HEALTH

- Increase to **1 tbsp of flaxseed** meal in breakfast
- Increase **fat consumption** to improve satiety (feeling fuller for longer). This includes olive oil cold, avocado, fatty wild-caught fish, all organic/raw seeds & nuts, grass-fed butter/ghee (high in butyrate), coconut yoghurt/oil/milk, eggs
 - Contain essential fatty acids & fat-soluble nutrients needed for immune, gut, hormones & nervous system health.

LIFESTYLE INTERVENTIONS

HORMONAL HEALTH

- Consider only using/buying **organic cotton tampons**/pads as other brands can have additive dyes/irritants/chemicals which disrupt vaginal microbiome

GUT HEALTH

- Purchase a **water filter** (jug or bench standing options are fine) from <https://www.waterscoaustralia.com.au/> (currently have EOFY sale) to improve water quality & reduce consumption of chloride & fluoride which can disrupt the microbiome further.
- Ensure **water intake is at least 3L per day** extra 500mls on gym days – this includes herbal teas
- Practice 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)
- **15 minutes yoga** stretching & twisting to help promote digestion & bowel motility

PRESCRIPTION/DOSAGE

See prescription document for table (highlighted is the changes)

PHASE 1: ANTI-INFLAMMATORY/DIGESTIVE GUT PROTOCOL (next 4 weeks)

- Orthoplex Hydrozyme – 1 tab x 3 daily before each meal – **finish off**
- LivProtect – 1 tab x 3 daily with hydrozyme
- GI Restore – 2 tsp in water with probiotics
- Gut-R – 1 scoop twice daily in water – **finish then start** antimicrobial protocol
- PomGenex – 1 scoop daily – **stop for now**

- Clinical Lipids 2:1 – 2 x capsules daily with dinner or after with probiotics

*****Once bowels are moving regularly*****

PHASE 2: ANTI-MICROBIAL PROTOCOL (6-8 weeks)

Step 1 (TWICE DAILY): 15 mins before food - Lysis – breakdown biofilm & support digestion before breakfast & lunch

- Orthoplex Green Hydrozyme – 1 x capsule morning & lunch
- RN Labs NAC powder – 1 scoop in water morning & lunch

Step 2 (TWICE DAILY): 15- 60 minutes after step 1 - Anti-microbials on 2–3-week rotation at breakfast & lunch. *Repeat Step 1 & 2 at breakfast & lunch then move to step 3 & 4.*

Rotation 1 (until finished):

- Eagle Pathoclear 60 tabs (targeting *Citrobacter* spp, giardia & hydrogen producers) – Phellodendron, nigella, garlic, cinnamon, clove & thyme – 2 x capsule with breakfast & lunch

Rotation 2 (until finished):

- 200ml Anti-microbial Herbal Tonic (gram positive species – targets *Streptococcus* & *enterobacter* spp) - Pau D'arco, Isatis, Manuka, Baical skullcap, Ginger – 7.5mls diluted in water morning & lunch

Step 3: 2-6 hours after step 2 - Clean up – minimise die off symptoms – keep your water intake high

- ToxaPrevent: 2 x capsules
- 1-3 cups Green Tea/Peppermint/Ginger/Chamomile Tea throughout the afternoon/night

Step 4: Repopulate & soothe – before bed

- Rotation 1 (until finished): Designs for Health Probiomed - 1 capsule at night before bed

SWAP TO:

- Rotation 2 (until finished): Biocueticals Ultra Biotic 500 - 1 x sachet at night before bed
- Gi restore – 2 tsps in water
- Clinical Lipids 2:1 – 2 x caps

PHASE 3: Replenish & Restore – 4 weeks

- EnteroCare
- Gut Mx
- Pomgenex

LEARN MORE (RESOURCES & LINKS)

- Seed Cycling (attached)
- Gluten Free Bread recipe (attached)
- Great book – Hormone Repair Manual by Lara Biden
- 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

- Next appt in 6 weeks (after both rounds of antimicrobials are finished) 29th July – we can change this to better suit when it gets closer.
- Any questions between consults about treatment/symptoms - please email me aim.naturalhealthcare@gmail.com