NATUROPATHIC TREATMENT PROTOCOL

Patient name: Fiona Alamyar DOB: 06/03/1995
Practitioner: Amy Phillips
Date: 17/06/23

OBJECTIVES

Reduce sympathetic nervous system activation (flight or fight response) to minimise cortisol spikes & improve digestive capacity

Increase secretory IgA levels (475) to above 510 – GI map 2021 – to support gut immunity

Increase cholesterol total to support healthy cell membranes, bile acid production & hormone production

Modulate auto-immune progression & support thyroid/immune nutrient co-factors for healthy functioning (iron, vit D, B12, iodine, tyrosine, zinc & selenium)

Improve stool colour from clay/yellow to mid brown by supporting digestion & bile production

Reduce back acne through treating possible *staphylococcus spp* overgrowth on the skin

DIETARY INTERVENTIONS

- Please strictly **replace all gluten containing foods** with gluten-free/paleo alternatives – even when eating out.

    o Reasoning: in any autoimmune progression, particularly with the thyroid are made worse by the consumption of gluten. The protein in gluten (gliadin) when leaked through the gut wall (leaky gut) is attacked by the immune system. The cells of the thyroid have a similar molecular form & are mistaken by the body for gliadin & are attacked also.

- Use **B12 handout** to include some more food sources in your diet to ensure as much as possible is being absorbed

    o Aim to eat grass fed animal sources at least 3 x week

- Consume at least **2L filtered water daily** – including herbal teas & broths. You can also try flavouring your water with a sprinkle of salt, berries or mint if that helps you drink a bit more throughout the day

- Consume **wild-caught fatty fish** varieties (salmon, trout or sardines) at least 2 x per week

- Increase butyric & caprylic acid to increase butyrate levels in gut – add more **ghee/butter** to cooking/food

- **Diversify veggies** consumed at lunch & dinner, try to purchase 3 different veggies/fruits every week to use in salad/soups.

- **Change protein** in salad every few days (salmon, eggs, goats cheese chickpeas etc)

- Prioritise **eating in a calm environment & chew your food** well to increase digestive absorption capacity

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LIFESTYLE INTERVENTIONS

- Stress management is important to reduce the impact on your gut & thyroid. Try some **progressive muscle relaxation** each night before sleep to reduce physical tension in the body.

  o **Epsom salt foot baths** might be a nice compromise to start with as you don't have a bath

- Stop all work & start the wind-down for bed 15 mins earlier every 2 weeks to **increase sleep quantity** – aiming for a minimum of 7 hours.

- Consider/slowly replace your use of **endocrine disrupting toxins** to reduce impact on thyroid gland (if you'd like more info/handout on this, email me)

- Aim to find moments in your day where you can do a few minutes of **deep breathing** – call these 'circuit breakers' - Smiling Mind or insight timer are helpful Apps

- Continue your **exercise regime**, however, consider prioritising/rescheduling what feels best in your body so you can add some more 'downtime' activities into your day that allow your brain to rest/prepare for sleep.

- Prioritise 15-20 minutes **sun exposure** each day, before 10am or after 2pm during winter to support vitamin D production.

PRESCRIPTION/DOSAGE

See prescription document for more details

Orthoplex Mag GI Restore –1 x scoop

Opti-Active D – 1 x tab daily

Sublingual Hydroxy-B12 – 1 x tablet daily

500ml Thyroid/Adrenal tonic – 5ml - 7.5mls diluted in water twice daily

50ml Digestive Bitters – 20 drops in 50-100mls in lemon juice water 5-15 mins before each meal

GI Restore – 2 x tsps. in water once daily

SB 500 – 1 x capsule nightly

Continue Seed Probiotics – 2 x capsules nightly

INVESTIGATIONS & REFERRALS

- Tests to do: MTHFR gene, B12/folate, vitamin D, plasma zinc, urinary iodine, iron studies, FBC, zonulin.

LEARN MORE (RESOURCES & LINKS)

- Menstrual tracking chart

- B12 handout

- Period Repair Manual – Lara Briden

- Low-Tox living

NEXT STEPS/CHECK-IN

- Check in call to start Antimicrobial phase - Saturday 5th August