



NATUROPATHIC TREATMENT PROTOCOL

Patient name: F.Alamyar DOB: 06/03/1995

Practitioner: Amy Phillips

Date: 21/03/22

OBJECTIVES

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

Improve sleep quality & quantity to increase energy levels

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

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

Investigate possible autoimmune hyperthyroidism (graves disease) & thyroid nutrient co-factors for healthy functioning

Address auto-immune progression for thyroid by regulating immune function

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

Lower Anti-gliadin IgA form GI Map - 2021

Increase energy levels

DIETARY INTERVENTIONS

- Eliminate gluten foods completely
 - 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
 - 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 berries & mint if that helps you drink a bit more throughout the day
- Increase butyric & caprylic acid to increase butyrate levels in gut – add more ghee/butter to cooking/food
- Please replace all gluten containing foods with gluten-free/paleo alternatives
- Prioritise eating in a calm environment & chew your food well to increase digestive absorption capacity

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.
 - 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.
- Aim to find moments in your day where you can do a few minutes of deep breathing – call these 'circuit breakers' - Smiling Mind is a helpful App
- Continue your exercise regime, however, consider prioritising/rescheduling what makes you feel best in your body so you can add some more 'downtime' activities into your day that allow your brain to rest/prepare for sleep.
- Get outside in nature as much as possible! 15 mins direct unprotected sunlight on skin each day before 9am or after 3pm.

PRESCRIPTION/DOSAGE

See prescription document for table

CalmX – 1.5 scoops in water twice daily

SB 500 – 2 x capsules at night

Sublingual Hydroxy-B12 – 1 x tablet – hold under the tongue for as long a possible before chewing & swallowing

500ml Adrenal tonic – Licorice, Shatavari, Rehmannia, Siberian ginseng, Passionflower – 7.5mls twice daily

100 ml Digestive Bitters – Ginger, Gentian, Chamomile, Cinnamon - 15 drops in 50-100mls water or lemon juice water 5-15 mins before each meal.

Continue Seed Probiotics – 2 capsules x day

Continue PaleoFibre – ½ scoop each day

INVESTIGATIONS & REFERRALS

- Please see your GP for further investigations into the autoimmune progression of the thyroid (TSI, RT3, T4, T3 – this is the maximum you can expect them to test). Ask for vitamin D too.
- All tests I'd like to see: Homocysteine, MTHFR gene, TSI, RT3, T4, T3, vitamin D, plasma zinc, urinary iodine, RBC selenium – I will send you a private pathology request which needs payment before you receive it. Use this if you don't get what you need from the Doc.

LEARN MORE (RESOURCES & LINKS)

- Menstrual tracking chart (attached)
- B12 handout (attached)
- Period Repair Manual – Lara Briden

NEXT STEPS/CHECK-IN

- Follow up consult in 4 weeks - Saturday April 23rd