



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Ella Nielson DOB: 21/10/1988

Practitioner: Amy Phillips

Date: 23/05/22

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## OBJECTIVES

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Investigate gut microbiome dysbiosis/infection & food sensitivities to reduce immune system activation & degradation of thyroid tissue

Support optimal thyroid & adrenal function

Modulate/support immune function/activation (reduce thyroid antibodies TPOAb)

Reduce sympathetic (flight or fight) nervous system response (reduce cortisol levels)

Improve sleep quality & minimise restlessness

Optimise nutrient consumption, digestion & absorption (particularly iron & folate)

Rebalance electrolytes to reduce muscle cramping

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## DIETARY INTERVENTIONS

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### DIGESTION:

- Where possible, eat slowly & in a calm environment, chew your food thoroughly (at least 20 times per mouthful)

### INFLAMMATION/IMMUNE/THYROID:

- Avoid all gluten containing foods/products and check ingredients on anything packaged ie. Sauces, breads, pastas, cereals, biscuits, cakes, oats, beer, wheat crackers, soy
- Opt for gluten-free & sugar-free products that contain rice/buckwheat/quinoa/almond meal/arrowroot (tapioca) etc.
- Slowly minimise dairy intake ie. Chocolate, yoghurt, milk, ice-cream, cheeses
- Avoid caffeinated soft drink before bed, mineral water is a better option for now

- Continue water intake of 2 litres

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## LIFESTYLE INTERVENTIONS

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### STRESS RELIEF/RELEASE

Doing:

- Gym cardio/class (movement)
- Setting healthy boundaries (see handout attached)

Being:

- Try progressive muscle relaxation every night before bed as part of your bedtime routine  
<https://www.youtube.com/watch?v=1nZEdqcGVzo>
- Yin-yoga YouTube example to try <https://www.youtube.com/watch?v=mzf2kFNf8Yw>
- Prioritise meditation & deep breathing either throughout your day or each night before bed  
– I suggest 1Giant Mind, insight timer, smiling mind, or Down Dog (meditation version)

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## PRESCRIPTION/DOSAGE

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See prescription document for table

- Orthoplex AlkaMin Calm Powder – 1 scoop in water twice daily (Morning tea/lunch & dinner)
- Biomedica BioHeme – 1 x capsule every second night
- [Foraged for You Powder](#) – 2 x full tsps. each morning shaken in jar with water
- 500ml Stress/Immune/Thyroid Herbal Tonic – Rehmannia 100, Bacopa 75, Withania 125, Siberian Ginseng 125, Nigella (G) 75.  
Dose: 7.5mls diluted in water twice daily increase to 10mls twice daily if well-tolerated.
- STOP Armaforce for now please

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## INVESTIGATIONS & REFERRALS

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- Look into support you can receive from counsellor under the schools insurance to help manage stress/boundaries/emotions
- GI-Map Microbiome Test – you will receive test request for payment in your emails
- Additional if needed: Diurnal cortisol (x4) & Coeliac gene

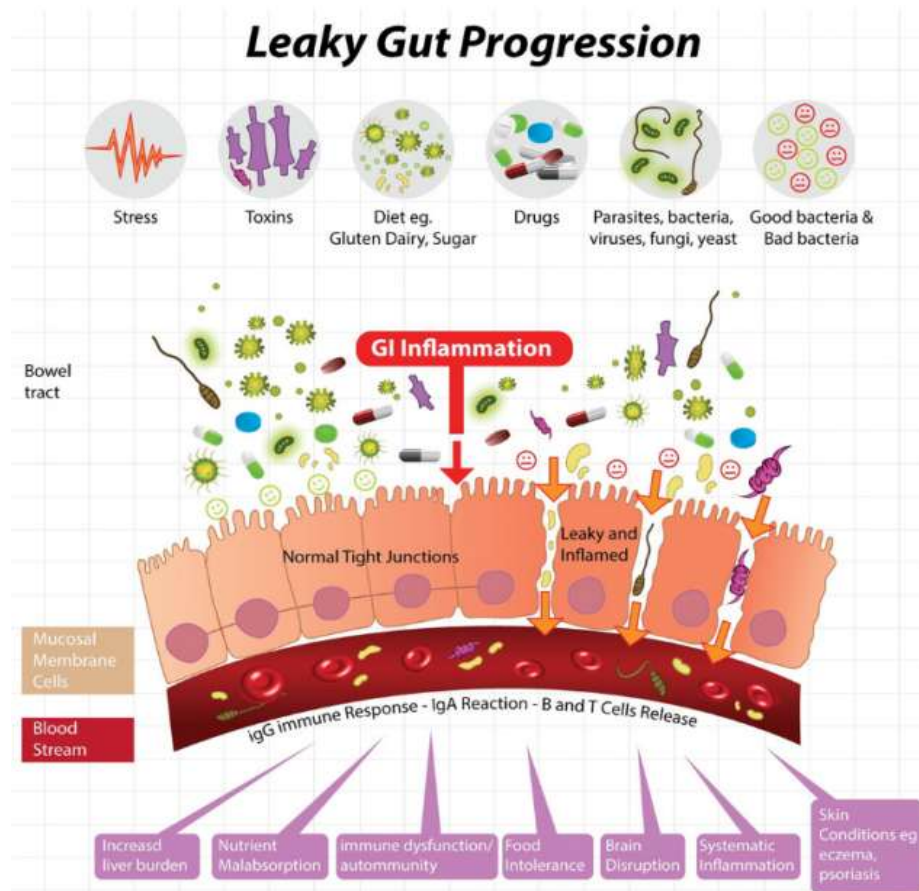
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## LEARN MORE (RESOURCES & LINKS)

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- Period Repair Manual – Lara Biden

- When the Body Says No – Gabor Mate
- Boundaries Handout (attached)



- Leaky gut graphic:

## NEXT STEPS/CHECK-IN

- Standard Follow Up when Gi-Map test results are in - roughly 5 weeks' time – last week of June/first week of July
- In 3-4 mths retest iron studies, urinary iodine, plasma zinc, vitamin D, Folate, ELFT, complete thyroid profile with abs