



NATUROPATHIC TREATMENT PROTOCOL

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

Practitioner: Amy Phillips

Date: 24/03/22

OBJECTIVES

Soothe & replenish gut microbiome after antibiotics to reduce bloating & gas

Support luteal phase of cycle by improving progesterone levels

Improve sleep quality & restlessness

Reduce dry/scratching cough that still lingers after flu

Improve/replenish electrolytes to reduce muscle cramping

DIETARY INTERVENTIONS

- 1 cup of berries every morning in your breakfast
- Avoid dairy products as this will increase mucous production & cause further inflammation
- Continue water intake of 2 litres
- Consume chamomile/peppermint tea during stomach discomforts & before bed
- Consume magnesium rich foods like dark chocolate, nuts/seed & dark leafy greens

LIFESTYLE INTERVENTIONS

- Try progressive muscle relaxation every night before bed as part of your bedtime routine
<https://www.youtube.com/watch?v=1nZEdqcGVzo>
- Meditation & deep breathing each night before bed – I suggest 1Giant Mind or Down Dog (meditation version)
- For cold/flu support:
 - Steam baths with eucalyptus and thyme essential oils, deep breaths to allow the steam all the way into the lower part of your lungs

- Continue sinus washes every day

PRESCRIPTION/DOSAGE

See prescription document for table

- CalmX – 1.5 scoops in water twice daily
- Biome Advanced Probiotic – 1 capsule daily
- Progestalift – 1 capsule daily
- Herbal Tonic – 7.5mls twice daily
- Continue vitamin C/Zn powder until finished – ½ tsp twice daily
- Continue Cod liver oil until finished – 1 tsp twice a day
- STOP Armaforce for now please

INVESTIGATIONS & REFERRALS

- Please contact Endeavour Wellness Clinic Sydney and ask for your treatment notes/files to be sent to me at aim.naturalhealthcare@gmail.com. Their email is sydney.clinic@endeavour.edu.au.
- Get full bloods done with GP as a health check up

LEARN MORE (RESOURCES & LINKS)

- Period Repair Manual – Lara Briden

NEXT STEPS/CHECK-IN

- Standard Follow Up in 4-5 weeks' time – week of the 25th April