



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Lachlan Knapp

Practitioner: Amy Phillips

Date: 25/04/22

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## OBJECTIVES

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Regulate bowel motility to reduce constipation & straining – aiming for one bowel motion per day

Increase stool size (bulk)

Increase microbiome diversity to improve gut function

Investigate/assess for food intolerances with diet diary (gluten, dairy, egg, corn, soy)

Support/improve immune health

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## DIETARY INTERVENTIONS

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- Ensure **water** intake is adequate, at this age (3 yrs) he should be consuming at least 850ml a day
  - When combined with increased fibre intake, water increases stool size & bowel motility
  - This includes teas (**chamomile**) & **bone broths** (gevityrx.com) – having these warm in a bottle can be very soothing & nourishing on the gut
- A 3-year-old should be getting at least the following each day:
  - 1 serve of fruit; 2½ serves of vegetables (1 serve is ½ cup); 4 serves of grains/legumes (**buckwheat, quinoa**, rye, **oats**, lentils, basmati rice, chickpeas); 1 serve of meat/poultry/fish; 1½ serves of dairy.
  - Eliminate cow's dairy for now and replace with goats/sheep milk/cheese as this is a common intolerance
- Slowly introduce more **probiotic foods** into his diet to support greater diversity in his microbiome
  - Start at ½ tsp and build to a 1 tbsp over a month of at least 1 variety below each day
  - Examples: Fermented vegetables e.g. **sauerkraut, Goat's/Sheep's Yoghurt** (plain/Greek with live cultures), **Kefir** (water/coconut), good quality Kombucha, Miso, **Tempeh**, Apple Cider Vinegar mixed in some fresh juice
- Increase foods sources high in **Magnesium**

- Avocados, **Kiwifruit**, Blackberries, Raspberries, Passionfruit, Bananas, **Spinach**, Leafy green vegetables, Parsley, Cabbage, Green Beans, Red Meat, Chicken Liver, Turkey, **Almonds**, Cashews, Brazil nuts, Hazelnuts, Walnuts, Sunflower, Sesame, Eggs, Goats' milk
- Increase food sources high in **Omega 3 fatty acids** -
  - **Avocados, Salmon**, Tuna, **Sardines**, Mackerel, Walnuts, Almonds, Brazil nuts, **Chia, Flaxseeds**, Hemp, Olive oil, butter or ghee (clarified butter)
- Other breakfast ideas:
  - **Oat/quinoa flake porridge** (bulk prep & store in fridge in containers) with yoghurt & kiwifruit
  - **Chia pudding** with ground flaxseed, almond milk, berries & kiwifruit, yoghurt
  - **Scrambled eggs** with ½ tsp bone broth, spinach, mushroom & goats cheese

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## LIFESTYLE INTERVENTIONS

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- Toilet routine – when he squats on the floor offer him the toilet and make sure he is comfortable & calm so he finds it an enjoyable experience – he doesn't have to go but the routine of 'trying' is good for his brain/gut connection.
  - **Provide a stool for his feet** so his knees are on a 45-degree angle to his hips as this is optimal position for the sphincter to open & to release
- Bath time – **Add 2 cups Epsom salts & lavender essential oil to each bath** – this will help to increase magnesium uptake through the skin & support bowel transit time/relaxation

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## PRESCRIPTION/DOSAGE

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See prescription document for table

- Diasporal (Magnesium citrate) – 120mg a day – **1/3 of a sachet** once daily.
- Slippery elm – **1/2 tsp** mixed in yoghurt, porridge or smoothie with honey or fruit once daily – ensure water intake is adequate!
- 100ml Herbal Tonic – Marshmallow (6-15ml/wk) 10, Chamomile (6-18ml/wk) 15, St Marys (9-18ml/wk) 15, Licorice (3-10ml/wk) 10
  - DOSE: **1-1.5mls once a day in small shot of water or juice**
  - If desired effect not achieved **after 5 days** - Increase dose slowly every 5 days if until a maximum of 5ml/day is reached
  - Increments (every 5 days):
    - 3mls once daily or 30 drops AM & PM – stop here if desired effect achieved
    - 4mls once daily or 40 drops AM & PM - stop here if desired effect achieved
    - 5mls once daily or 2.5mls AM & PM - stop here

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## INVESTIGATIONS & REFERRALS

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- Now: Diet & Symptom diary to record how things progress
- Down the track if needed: Blood tests – Iron, B12, folate, FBC, vitamin D, zinc
- Down the track if needed: GI-map Stool Microbiome Test

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## LEARN MORE (RESOURCES & LINKS)

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- Amazing recipes for the whole family links <https://www.sheridanjoy.com/recipes>,  
<https://www.boobtofood.com/recipes>
- Great recipe book for kids meals <https://milkto meals.com/>

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## NEXT STEPS/CHECK-IN

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- Follow up when you feel it is needed or if symptoms worsen/stool consistency/colour or smell does not change in the next month