



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Kate Lavender

Practitioner: Amy Phillips

Date: 26/03/22

OBJECTIVES

Bolded is what we're working on now:

Increase sleep quantity to assist in cellular regeneration & energy levels

Modulate dietary habits to support blood sugar regulation & energy levels

Investigate & regulate menstrual cycle & reduce heavy blood flow/PMS prior to the bleed

Upregulate upper digestive function (pancreatic enzymes, bile & HCL) to assist in breaking down/absorbing nutrients & improving stool colour

Support liver detoxification pathways to improve hormone excretion

Reduce gut inflammation & cell-wall integrity to improve resilience

Improve immune function to reduce incidence of eczema, shingles & asthma.

Investigate & address nutritional deficiencies post-partum & breastfeeding

DIETARY INTERVENTIONS

- Ensure water intake is at 2 litres per day – this includes herbal teas (fennel, ginger, peppermint, chamomile) & bone broths.
- Avoid all dairy (including milk chocolate) for the next few months while we stabilise your hormones
 - Reasoning: dairy can cause an inflammatory response within the gut & immune systems, affecting your production/excretion of hormone levels.
 - Swap milk chocolate for **Lindt dark chocolate** (above 70%)
- Minimise gluten containing foods (bread, pasta, some sauces, cakes) to reduce gut inflammation
 - **Gluten-free alternatives** found in the health food aisle of woollies & coles
- Increase protein & fat in both breakfast & lunch

- Reasoning: protein & fat satiate your appetite (keeping you fuller for longer), they will help stabilise your blood sugar levels & reduce dips in energy throughout the day
- Breakfast Ideas (for you & the Matilda): **Chia** pudding (batch cooking) with collagen powder & garnish with any **nuts, seeds, coconut yoghurt** or low-sugar fruits (berries), 2 x **hard boiled eggs** on a bed of spinach (batch boil for the week on the weekend), **Quinoa flakes/oat Porridge** with almond milk & nut butter, berries/honey – batch cooked & keep in containers
- Lunch Ideas: grated veggies & tinned salmon on **nori wraps**
- Snack Ideas (good for Matilda & great snacks for you): <https://www.boobtofood.com/recipes>
 - **Nuts** are a great snack – high in fat & protein, combined with some fruit will fill you up for longer
 - Veggie sticks with **homemade hummus** (chickpeas high in protein)
 - 1 tsp **Bone broth** in hot water can be a nice nourishing snack for your gut & immune system – I recommend https://au.gevityrx.com/collections/bone-broth-body-glue?gclid=CjwKCAjwloCSBhAeIwA3hVo_dvJ8okaBko1c4IqFIGmYD5NZ08xzVJJGKkJS_bb2u341ZVap_x_9BoCov4QAvD_BwE

LIFESTYLE INTERVENTIONS

- Keep up with your daily walks & getting sunshine on your skin for at least 15 mins each day
- Aim to head to bed at least 15-30 minutes earlier (11pm) for the next 3 weeks, once you're achieving that try 15-30 minutes earlier again
 - Sleep achieved earlier in the night is more restorative than early morning
 - Finding a supportive sleep hygiene routine after watching TV will help prepare your nervous system for rest – ie. Reading a book, having a bath, placing some lavender on your nose/pillow, deep belly breathing (5 minutes) etc.

PRESCRIPTION/DOSAGE

See prescription document for table

- GutRx - 1 scoop in water daily
- P2 Detox – 1 scoop in water daily
- Digestive Bitters – 15 drops in 50-100mls water 5-15 mins before each meal. Savour the flavour & swish before you swallow.

INVESTIGATIONS & REFERRALS

- See your GP for general health check bloods – referral letter attached

LEARN MORE (RESOURCES & LINKS)

- Great recipe book for Matilda transitioning from milk to food <https://milkto meals.com/>
- A great book for you to learn more about your period & hormonal health
<file:///C:/Users/Amy/OneDrive%20-%20web.endeavour.edu.au/AIM%20Natural%20Healthcare/AIM%20NATUROPATHY/Clinic%20Charts%20&%20Resources/Extra%20Resources%20&%20Research/Text%20books/Period%20Repair%20Manual%20Natural%20Treatment%20for%20Better%20Hormones%20and%20Better%20Periods%20by%20Lara%20Briden%20ND.pdf>
- You may like to use the Menstrual cycle tracking chart (attached) from the first day of your bleed this month

NEXT STEPS/CHECK-IN

- Part Two: Naturopathic Action Plan Consult – once all blood tests have been received – 4 week's time (week of the 18th April)