



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Jade Robinson
Practitioner: Amy Phillips
Date: 26/07/22

OBJECTIVES

Findings from GI MAP June 2022

- Low phyla/diversity of microbes in the microbiome
- Low levels of normal flora spp - *Bacteroides fragilis* & *Faecalibacterium prausnitzii*
- High levels of normal flora spp – *Enterococcus spp.* & *Akkermansia muciniophila*
- High inflammation with elevated Anti-gliadin IgA & dysbiotic opportunistic bacteria – *Streptococcus spp.*, *Enterococcus faecium*, *Bacillus spp.*, *Citrobacter spp.* & *freundii*.
- Elevated zonulin levels suggesting compromised gut lining integrity (leaky gut)

~~Eliminate occurrence of thrush/address vaginal dysbiosis~~

Address dysbiosis & inflammation found in GI MAP results

Upregulate liver detoxification pathways to support oestrogen clearance & future endotoxin release with anti-microbial protocol

Improve bile flow & digestive secretions to support intestinal motility to reduce constipation, increasing bowel movements to 1 x day (type 4 BSC)

Reduce inflammation of lower abdomen (bloating, distension & gas)

Minimise PMS symptoms & improve cycle length

Investigate/address any nutritional deficiencies affecting energy levels or thyroid health (iron, B12, vit D, iodine, zinc)

Manage stress levels & optimise vagal nerve integrity to support gut health

Investigate/address weight gain (possibly 4kg)

DIETARY INTERVENTIONS

GUT HEALTH

- Please strictly **avoid gluten, dairy, rice, corn & soy** containing foods for the next 3 weeks.
 - Rice Alternatives: Konjac noodles/rice (health food aisle of coles/woollies), zucchini noodles, cauliflower rice (if you can handle), buckwheat pasta, homemade gluten-free bread (receipt attached)
 - Soy (estrogenic & a common food intolerance if not prepared correctly): Reduce this after 1 week off rice. Alternatives: almond, coconut or macadamia milk. However, read the ingredients on any nut milks, you want brands with no gums, thickeners, preservatives, sugar. Nutty Bruce is a good brand (although it does contain a small amount of brown rice). Organic tempeh is best if eating soy.
- **Slow cook your meats** or have minced varieties to help improve digestion of the proteins
 - amino acids will help rebuild the gut lining)
- Mix up your fruits at breakfast – **kiwi fruit** is great for constipation – 2 x day
- Consume 2 cups of **bone broth** daily – Gevity Rx or Best of Bone (found at health food stores) are great brands or you can make your own with grass-fed bones if you have time.
- Consume **organic chamomile & peppermint teas** at any point throughout your day to reduce bloating & discomfort as well as settle the nervous system

HORMONAL HEALTH

- Experiment with **seed cycling** for hormonal balance (infographic attached)
 - Day 1 – ovulation = 1 tbsp. of flaxseed & 1 tbsp. pumpkin seeds daily (supports oestrogen)
 - Ovulation – 1st day of bleed = 1 tbsp. Sesame seeds & 1 tbsp sunflower seeds daily (supports progesterone)
- Increase **fat consumption** to improve satiety (feeling fuller for longer). This includes olive oil cold, avocado, fatty wild-caught fish, all organic/raw seeds & nuts, grass-fed butter/ghee (high in butyrate), coconut yoghurt/oil/milk, eggs
 - Contain essential fatty acids & fat-soluble nutrients needed for immune, gut, hormones & nervous system health.

LIFESTYLE INTERVENTIONS

HORMONAL HEALTH

- Consider only using/buying **organic cotton tampons**/pads as other brands can have additive dyes/irritants/chemicals which disrupt vaginal microbiome

GUT HEALTH

- Purchase a **water filter** (jug or bench standing options are fine) from <https://www.waterscoaustralia.com.au/> (currently have EOFY sale) to improve water quality & reduce consumption of chloride & fluoride which can disrupt the microbiome further.
- Ensure **water intake** is at least 2L per day extra 500mls on gym days – this includes herbal teas

- Practice daily 3–5-minute **Vagal Nerve stimulation** exercises – nerve that runs from gut to brain - stimulation can help with intestinal motility – humming, gargling, singing, laughing, cold water therapy (shower or ocean)
- **15 minutes yoga** stretching & twisting to help promote digestion & bowel motility

PRESCRIPTION/DOSAGE

See prescription document for table (highlighted is the changes)

PHASE 1: ANTI-INFLAMMATORY/DIGESTIVE GUT PROTOCOL (next 4 weeks)

- 200ml Herbal Digestive/Bitter Tonic (Chelidonium, **Licorice, Cascara**, Globe artichoke, Ginger)
 - Dose: 5-7.5mls diluted in water twice daily. Swish & savour the flavour before you swallow.
- Gut Rx – ½- ¾ scoop twice daily in water
- **Diasporal – 1 x sachet twice daily in water with Gut RX**
- Clinical Lipids 2:1 – 2 x capsules daily preferably with food
- **Mutaflor (40 caps): 2 x capsules daily before bed**

*****Once bowels are moving regularly*****

PHASE 2: ANTI-MICROBIAL PROTOCOL (6-8 weeks)

Step 1 (TWICE DAILY): 15 mins before food - Lysis – breakdown biofilm & support digestion before breakfast & lunch

- Orthoplex Green Hydrozyme – 1 x capsule morning & lunch
- RN Labs NAC powder – ¾ scoop (500mg roughly) in water morning & lunch

Step 2 (TWICE DAILY): 15- 60 minutes after step 1 - Anti-microbials on 2–3-week rotation at breakfast & lunch. *Repeat Step 1 & 2 at breakfast & lunch then move to step 3 & 4.*

Rotation 1 (week 1-3):

- Eagle Pathoclear 60 tabs (targeting *Citrobacter* spp, giardia & hydrogen producers) – Phellodendron, nigella, garlic, cinnamon, clove & thyme – 2 x capsule with breakfast & lunch

Rotation 2 (week 3-6):

- Anti-microbial Herbal Tonic (gram positive species – targets *Streptococcus & enterobacter* spp) - Pau D'arco, Isatis, Manuka, Baical skullcap, Ginger – 5-7.5mls diluted in water morning & lunch

Step 3: 2-6 hours after step 2 - Clean up – minimise die off symptoms – keep your water intake high

- Fossil Shell Powder – 2 tsp. in water with tea if need be
- If die off is extreme add: Activated charcoal – 1 tsp in water
- 1-3 cups Green Tea/Peppermint/Ginger/Chamomile Tea throughout the afternoon/night

Step 4: Repopulate & soothe – before bed

- Rotation 1: Designs for Health Probiomed - 1 capsule at night before bed
- Rotation 2: Biocueticals Ultra Biotic 500 - 1 x sachet at night before bed - change to this when ProbioMed runs out

PHASE 3: Replenish & Restore – 4 weeks

- EnteroCare
- GI Restore
- Gut Mx

ACTIONS REQUIRED & REFERRALS

- **Pathology** I'd like to see (refer to doctor referral letter) – TFT's including thyroid ab's, Iron studies, Vitamin D, Active B12, Folate, ELFT's, Lipid Studies, Cortisol AM, Fasting BGL, HbA1c
- **GSRS Gut Health Questionnaire** – to rate where you are at now & give us a baseline to see improvements

LEARN MORE (RESOURCES & LINKS)

- Seed Cycling (attached)
- Gluten Free Bread recipe (attached)
- Great book – Hormone Repair Manual by Lara Biden
- Progressive Muscle Relaxation - <https://www.youtube.com/watch?v=ClqPtWzozXs> – tension/stress relief
- The Tapping Solution - <https://www.thetappingsolution.com/> - tension/stress relief

NEXT STEPS/CHECK-IN

- Please upload any tests you get from the GP to your 'MyResults' section of your client portal
- Handover to Reema Saab Naturopath at Pymble Grove before I go on maternity leave
- Any questions between consults about treatment/symptoms - please email me aim.naturalhealthcare@gmail.com