



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Lachlan Knapp

Practitioner: Amy Phillips

Date: 28/03/22

OBJECTIVES

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

DIETARY INTERVENTIONS

- 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

LIFESTYLE INTERVENTIONS

- 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

PRESCRIPTION/DOSAGE

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
- STARTING DOSE: 20 drops morning & night or 2.5mls 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

INVESTIGATIONS & REFERRALS

- 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

LEARN MORE (RESOURCES & LINKS)

- 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/>

NEXT STEPS/CHECK-IN

- Follow up in 4 weeks – 25th April (5pm your time)