



NATUROPATHIC TREATMENT PROTOCOL

Patient name: William Fearnley

Practitioner: Amy Phillips

Date: 29/07/23

OBJECTIVES

- Provide symptomatic support to relieve allergic rhinitis (persistent cough & sniffing, drowsiness)
- Minimise reliance on Nasonex
- Modulate immune system response to identified allergens (dust mites, grasses, feathers & mould)
- Investigate microbiome dysbiosis to improve immune system health & sleep

DIETARY INTERVENTIONS

- Eliminate inflammatory dietary foods - gluten & dairy
- Gluten replacements: buckwheat, flaxseeds, nuts & seeds, chia, cassava flour, coconut & almond meal, porridge
- Dairy replacements: coconut, almond & oat varieties
- Calcium sources: Tahnini (hummus), almonds, sardines

LIFESTYLE INTERVENTIONS

SLEEP:

- We want to try & modulate Will's sleep onset & waking times, if possible can you do a meditation or yoga video with him before bedtime? This will help his nervous system wind down for the day
- If you have him reading in bed purchase him a orange booklight from here to help reduce blue light exposure which blocks melatonin production needed to induce sleep:
<https://www.blockbluelight.com.au/products/blue-light-blocking-book-light>

ALLERGIES

- Cover pillows & mattresses in dust mite covers:
https://www.allergend.com.au/?qclid=CjwKCAjwIJimBhAsEiwA1hrp5v72fkVKT3VIYetqE6pjJEbSqO-bcqgyS2g0x7qvfTaOsNaGpToB4hoChC8QAvD_BwE

- Consider dehumidifier to reduce humidity levels during wet season to minimise mould
https://ausclimate.com.au/collections/dehumidifiers?gclid=CjwKCAjwIJimBhAsEiwa1hrp5kRDcSE9FqcqQCzB9MzDHctIXHVnlGbzoqD4iy1Kw7TkrtMHOeZpyBoCX8AQAvD_BwE

PRESCRIPTION/DOSAGE

See prescription document for table

- ENT Immune Care for kids – start at 2 x scoops a day and reduce to 1 x scoop a day once colds & allergy symptoms have reduced
- Allergy Herbal Tonic – 2.5mls x 3 day
- AllerG Biotic – 1 capsule a day (can sprinkle in smoothie or yoghurt)

INVESTIGATIONS & REFERRALS

- GI Map – Stool test – sent via email
- Bloods – Sent via email – FBC, vit D, Total IgE, plasma zinc, Iron studies,

LEARN MORE (RESOURCES & LINKS)

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NEXT STEPS/CHECK-IN

- Complete testing & we will book in the follow up after I have received results.