



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Akshaya Suvarna

Practitioner: Amy Phillips

Date: 17/06/2023

OBJECTIVES

- Support healthy blood sugar regulation to reduce insulin resistance.
- Decrease occurrence of and intensity of pain with menstrual cramps reducing reliance on ponstan
- Reduce gut dysbiosis to improve symptoms/onflammation of PCOS & endometriosis
- Support weight loss of 20kg
- Improve liver detoxification processes to support healthy hormone excretion & digestive function
- Increase digestive capacity through improved stomach acid production & breakdown of foods.
 - o Low Elastase found in GImap
- Reduce/manage stress levels & stimulate parasympathetic (rest & digest) nervous system
- Address possible high histamine levels through dietary interventions.
- Optimise ferritin (iron) levels (24 - Feb '23)
- Optimise Vitamin D levels to support immune & hormone health (48 – Feb '23)
- Results from GI-Map May 23'
 - o High fermicutes ratio - weight gain
 - o High klebsiella spp
 - o High enterococcus faecium
 - o High psuedomonas spp
 - o High Staphlycoccus aureus
 - o High steptococcus spp
 - o High methanobacteriaceae
 - o High B-glucoronidase
 - o Low elastase
 - o Low SigA
 - o Low akkermansia (keystone species)

DIETARY INTERVENTIONS

- Avoid cow dairy but try goats or sheeps milk instead

- Dairy-free milk: Coconut milk Nutty Bruce in fridge section of coles & woolies
- Avoid gluten containing foods: this includes bread, pasta, baked goods, cakes cookies, anything containing wheat etc
- Quick Breakfast ideas: boiled eggs, overnight soaked porridge (rice flakes) with coconut yoghurt, nuts & low sugar fruit, left-over dinner, collagen protein shake, avocado & tinned sardines on seed bread loaf (recipe below)
- Add avocado & olive oil on weekend breakfast
- Rice - let it cool and then reheat (if needed) as this improves its complexity, acting as a pre-biotic fibre & slowing the release of sugars into the bloodstream. Adding some apple cider vinegar to these carbs will also help slow the release of the sugars.
- Please read & become familiar with the idea of a [low-histamine diet](#) while we work on your liver & gut health (may implement in the future if needed)
- Fats: Ghee & butter are fine. Good fats to include are avocado, nuts, seeds, olive oil, eggs & oily, wild caught fish (sardines/salmon etc) – see below for Fish App
- Canned fish springwater only
- Konjac & Kelp noodles/rice are a good option for low carb alternatives. You can find this brand at Woolies & Coles in the health food aisle. <https://slendier.com/product-category/konjac-range/>
- Add turmeric & cinnamon into any foods/drinks you consume. Turmeric lattes are a nice option. This is a good recipe, however I would use stevia over honey or maple syrup)
<https://www.bbcgoodfood.com/recipes/turmeric-latte>
- Natural sweeteners to use if needed (stevia/monk fruit/xylitol)
- Add ¼ tsp of Himalayan or Celtic sea salt to your coconut water – drink daily 1 week before menstrual bleed
- 6 eggs a week, **red meat 2/week**, rice 1/day if necessary - 3/week max - try to have it cold
- Have 1 green apple a day - with fat or a meal
- Meats (free range or organic)
- Add minced meat (beef) adding grated or chopped beef liver (grass-fed) to increase IRON levels
- Increase ZINC with oysters - 1/2 dozen a week
- Increase CALCIUM with tahini (hummus - **pippel** brand available at woolworths)

LIFESTYLE INTERVENTIONS

- Please track your menstrual cycle in detail with any/all symptoms experienced throughout the month including cervical mucus (Clue or Flo are great options, I suggest you download both & see which works best for you)
- Sunscreen recommendations: Little Urchin, WotNot, The Kind Sunscreen, MooGoo

- Download a mindfulness/meditation app (suggestions in attachment below) & practice at least once a day (AM or PM) to reset your nervous system. You'll just need to do trial & error until you find an app that suits you best.
- You may also find Progressive muscle relaxation beneficial - <https://www.youtube.com/watch?v=1nZEdqcGVzo>
- Try 1 x Pilates workout at home - low resistance/high reps
- Walking & swimming are great cardio exercise but do not let heartrate increase to breathless

PRESCRIPTION/DOSAGE

See prescription document for dosages & instructions:

Standard protocol

OptiActiv D

BioHeme

Cal-d glucurate

Mag Taur Xcell

Gut-R

SB 500

When needed:

Cramplex tabs

12-week antimicrobial protocol to address GI Map dysbiosis (2 rounds of 6 weeks):

Step 1: Support digestion & biofilm breakdown with enzymes & bitter herbs:

Digestive Zyme - 2 caps with each meal

Step 2: Anti-microbials (15-60 mins after step 1)

ROUND 1 (6 weeks):

Orthoplex Intestaclear - 3 capsules - 2 bottles needed

ROUND 2 (6 weeks):

RN Labs MicroClear - 3 capsules - 2 bottles needed

Step 3: Clean up toxins (2-8 hours after step 2)

Green tea

Activated charcoal - 1 tsp in water

Step 4: Soothe & repopulate

ROUND 1 (6 weeks):

Bioglan Medlab Immune 5 - 2 level teaspoons/day - 3 tubs needed

MultiGen Biotic – 1 x capsule daily - 6 weeks – 1 bottle needed

ROUND 2 (6 weeks):

Gut-R - 1.5 level scoops/day - 2 tubs needed

Bifido complex – 1 x capsule - 6 weeks - 1 bottle needed

INVESTIGATIONS & REFERRALS

- GI-Map Stool Test – results appt late May
- Metabolic Balance Personalised Nutrition Plan – we'll discuss after you return from India (Late May)
- GP Pathology Referral Late May
- New doctor: Dr Vivienne Hung – MyHealth Medical Centre in Macquarie Park

LEARN MORE (RESOURCES & LINKS)

- Read 'The Period Repair Manual' for insight into your reproductive system/cycle & period health
- [Low Histamine Diet](#)
- Fish App to find sustainable, better quality fish <https://goodfish.org.au/>

- Bread/Seed Loaf Recipe (great for hormone health & low carb)

PREPARATION TIME: 15 MINS

COOKING TIME: 50 MINS

SERVES: 4

METHOD:

1. Preheat the oven to 180°C and grease a loaf tin well.
2. Place the almond flour, coconut flour, ground flax, salt, baking powder and baking soda in the bowl of a food processor and blitz to combine.
3. Add the eggs, oil, xylitol and vinegar and pulse until a batter is formed.
4. Pour the batter into a prepared loaf tin and bake in the oven for 50 minutes until the loaf is cooked through. A great way to check is to insert a wooden skewer and if it comes out clean, you know that the loaf is ready.
5. Because of the baking soda, this bread does darken a little as it bakes. Don't be too alarmed if it looks a little too brown - the end result is delicious.



INGREDIENTS:

1 ½ cups almond flour

2tbs coconut flour

¼ cup ground golden flax seeds (you must buy whole seeds and grind them or the recipe won't work)

¼tsp salt

1tsp baking soda

½tsp baking powder

5 eggs

1tbs xylitol

¼ cup coconut oil

1tbs apple cider vinegar

- Hot Chocolate Recipe - The key gut healers here are collagen + slippery elm. Collagen provides the amino acid building blocks to help rebuild & repair the cells of the gut lining, ligaments, skin & nails while slippery elm is a herbal mucilage which coats & seals the gut lining providing an anti-inflammatory action while also serving as a pre-biotic fibre to feed the billions of microbes in your gut.

Ingredients (makes 2 small cups):

- 1 cup filtered water
- 1/2 cup organic coconut cream
- 1 tbsp collagen powder - gelproaustralia have a great collagen powder
- 1 tbsp organic cacao powder

- 2 tsp slippery elm powder - you can find this at a local organic health food store
- 2 scoops stevia (scoop provided) for a sugar-free version or 2 tsp honey
- 1/4 tsp cinnamon powder

Method:

- 1. Place all ingredients in a blender & blend on high speed for 30-60 seconds (this is a must as the slippery elm will become gluggy otherwise)
- 2. Place in saucepan and heat on medium just until it's about to simmer then remove from heat.

If using a thermomix - I blended on speed 5 & heated to 90 degrees for 3 minutes.

- 3. Pour into cups & share/enjoy with your loved ones!

Note: the slippery elm does give it a thick & somewhat slimy texture but that's the exact effect you want it to have on your gut!

NEXT STEPS/CHECK-IN

- Next appt – Follow Up Consultation (45 mins - \$90) 27th May 9.30am