



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Akshaya Suvarna

Practitioner: Amy Phillips

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## OBJECTIVES

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- Support healthy blood sugar regulation to reduce insulin resistance.
- Decrease occurrence of and intensity of pain with menstrual cramps reducing reliance on ponstan
- Improve outcomes/reduce symptomatic expression of PCOS & endometriosis diagnoses
- 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.
- Reduce/manage stress levels & stimulate parasympathetic (rest & digest) nervous system
- Address possible high histamine levels through dietary interventions
- Increase Iron consumption to optimise ferritin levels (24 - Feb '23)
- Optimise Vitamin D levels to support immune & hormone health (48 – Feb '23)

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## DIETARY INTERVENTIONS

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- 100% dairy free for now (specifically the protein - casein): this includes lactose-free milk, cheese, yoghurts, whey protein powders etc
- Dairy-free milk: Coconut milk Nutty Bruce in fridge section of coles & woollies
- Reduce 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 atomical 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
- 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
- Keep green apple in diet - 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
- Canned Springwater fish only
- Increase ZINC with oysters - 1/2 dozen a week
- Increase CALCIUM with tahini (hommus - pippel brand available at woolworths)

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## LIFESTYLE INTERVENTIONS

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- 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

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## PRESCRIPTION/DOSAGE

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See prescription document for dosages & instructions:

- MagTaur X-cell
- 200ml Liver/Digestion Herbal Tonic
- DetoxClear Powder
- MediHerb Crampex tabs
- Opti-Activ D tablets - NEW

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## INVESTIGATIONS & REFERRALS

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- GI-Map Stool Test – results take 3-4 weeks after posting
- 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

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## LEARN MORE (RESOURCES & LINKS)

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- 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 tbs collagen powder - gelproaustralia have a great collagen powder
- 1 tbs 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!

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## **NEXT STEPS/CHECK-IN**

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- Next appt – Follow Up Consultation (45 mins - \$90) 18<sup>th</sup> of March