



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Akshaya Suvarna

Practitioner: Amy Phillips

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OBJECTIVES

- 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

DIETARY INTERVENTIONS

- Eliminate dairy for now (specifically the protein - casein): this includes cows milk, cheese, yoghurts, whey protein powders etc
- Dairy-free milk brand: 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 with nuts & low sugar fruit, left-over dinner, collagen protein shake, avocado & tinned fish on seed crackers. Remember breakfast doesn't have to be 'breakfasty' you can eat ANYTHING for breakfast as long as its high in protein & fat not too many carbs.
- When/if eating complex carbs like rice try cooking it, letting it cool and then reheating (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 (we will implement it after our next appointment)
- 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

LIFESTYLE INTERVENTIONS

- Please track your menstrual cycle in detail with any/all symptoms experienced throughout the month (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>

PRESCRIPTION/DOSAGE

See prescription document for dosages & instructions:

- MagTaur X-cell
- 200ml Liver/Digestion Herbal Tonic
- DetoxClear Powder
- Cramplex Tablets

INVESTIGATIONS & REFERRALS

- GI-Map Stool Test – results take 3-4 weeks after posting
- Go to GP and ask for full bloods to be done again (general health check) – read attached GP referral letter for ideas on what to talk to her about.

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/>

NEXT STEPS/CHECK-IN

- See GP for blood tests – send me a copy/photo so I can refer for anything not covered (private billing)
- Do GI-Map stool test if you want to
- Next appt – Action Plan session 1 hour (\$150) 18th of Feb. Can be moved to a later date if test results are not back.