



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: David Mulally

Practitioner: Amy Makejev

Date: 11/11/23

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## OBJECTIVES

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Optimise weight & body composition – ideally 83kg

Reduce cortisol production.

Support parasympathetic nervous system activation (rest & digest)

Utilise metabolic balance to reduce systemic inflammation.

Improve digestive function to minimise reflux & need for Nexium

Explore microbiome dysbiosis with GI Map analysis

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## DIETARY INTERVENTIONS

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### ■ MB PLAN

- Meredith dairy for all dairy products
- minimum 1 egg (but not written on plan)
- 2 pieces of fruit a day (1 x tart apple always)
- up to 5 serves of bread (100% rye wholegrain)
- 3.5 litres water
- herbs & spices as you like to add flavour
- 1tsp- 1 tbsp of psyllium husk & cinnamon (to bulk up breakfast if needed)
- up to 3 cups coffee a day within the 1 hour meal allocation
- Begin drinking a minimum 3 litres of water a day (MB plan 3.5L)– broth, herbal teas & infused water count but black coffee/tea does not – 3 x 1L water bottle will help this goal – add ¼-1/2 tsp unrefined salt to all of them
- Phase 1 starts 17th Nov (2 days)

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## LIFESTYLE INTERVENTIONS

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- Implement stress management strategies:
  - Try some [progressive muscle relaxation](#) each night before sleep to reduce physical tension in the body.
  - **Epsom salt baths** or float tanks are an amazing way to get magnesium into your system
  - Stop all work & start the wind-down for bed 15 mins earlier every 2 weeks to **increase sleep quantity** – aiming for a minimum of 7 hours. Sleep before 12am is better quality/deeper than after 12am.
  - Aim to find moments in your day where you can do a few minutes of **deep box breathing** – call these ‘circuit breakers’ – app suggestions in handout

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## PRESCRIPTION/DOSAGE

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See prescription document for table

MediMagRelax

RejuvaCalm Forte

Basica

Vitamin D

1 tsp of activated charcoal if detox symptoms start in phase 1 (away from medications)

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## INVESTIGATIONS & REFERRALS

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## LEARN MORE (RESOURCES & LINKS)

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- Handouts: MB E-Book, Gluten free & Meditation Apps

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## NEXT STEPS/CHECK-IN

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- 29<sup>th</sup> Nov 2023 – 1<sup>st</sup> follow up Consult (telehealth)