



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: David Mulally

Practitioner: Amy Makejev

Date: 28/10/23

---

## OBJECTIVES

---

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

---

## DIETARY INTERVENTIONS

---

- Please go gluten-free (handout attached) as gluten has been well researched to exacerbate autoimmunity (RA)
- Begin drinking a minimum 2 litres of water a day – broth, herbal teas & infused water count but black coffee/tea does not

---

## LIFESTYLE INTERVENTIONS

---

- 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

---

## **PRESCRIPTION/DOSAGE**

---

See prescription document for table

MediMagRelax

RejuvaCalm Forte

---

## **INVESTIGATIONS & REFERRALS**

---

- Blood test referral for MB
- GI Map referral in emails

---

## **LEARN MORE (RESOURCES & LINKS)**

---

- Handouts: Gluten free & Meditation Apps

---

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

---

- 11<sup>th</sup> Nov 2023 – Plan Delivery Consult