



NATUROPATHIC TREATMENT PROTOCOL

Patient name:

Practitioner: Amy Phillips

Date:

Please find attached your Naturopathic treatment plan & prescription in a separate document. This prescription document has also been sent to our third party dispensary (Grove Health) who will dispense the products to you. Please call them to order & make payment.

If you have any questions or concerns about your treatment, please email me at aim.naturalhealthcare@gmail.com. Please be aware, if your questions require a longer or more in-depth response, I may advise you that a quick check-in consultation is required.

Goodluck & I can't wait to hear of your progress at our next consult!

OBJECTIVES

Investigate gut dysbiosis causing chronic constipation

Increase bowel movements to once a day at a minimum (improve constipation)

Improve sleep onset & maintenance to improve quality

Increase energy levels

Manage stress response to reduce adrenal fatigue

Long term

Regulate menstrual cycle to ensure a monthly bleed

DIETARY INTERVENTIONS

- Increase soluble & insoluble fibre with more fruit & veggies – 8 cups a day - please measure your cups for the first 2 weeks
- Fruit: ADD kiwi fruit 2 x day with skin if possible
- Lunch: Opt for or make a salad instead of wrap

- Gluten free diet (avoid all wheat & gluten products, check sauces, packaging etc). See handout for alternatives.

LIFESTYLE INTERVENTIONS

- Reduce/minimise smoking
- Continue water intake but please add a pinch of unrefined salt (Himalayan or celtic) to the bottle to increase hydration into cells
- Implement a sleep hygiene routine 30-60 mins prior to bed, avoiding blue light (see handout)
- Try a circuit breaker technique during the day at work (set timer in phone) – box breathing or body scan, shut down one sense (eyes) & take a deep belly breath. Taking note of 1 thing you can see, hear, feel, smell or taste is a good way to come back to the present moment.

PRESCRIPTION/DOSAGE

See prescription document for table

Herbal Digestive Tonic

NAC

C BioActive

CalmX

INVESTIGATIONS & REFERRALS

- GI Map – Microbiome Stool Analysis

LEARN MORE (RESOURCES & LINKS)

- Gluten Free handout
- Meditation app handout

NEXT STEPS/CHECK-IN

- Next appointment once GI MAP results are in. Don't do the test until bowel are moving daily. Please keep me updated via email.