



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Emily Cubbage

Practitioner: Amy Makejev

Date: 25/11/23

OBJECTIVES

Reduce systemic inflammation with MB plan

Increase energy & improve consistency throughout the day with improved sleep quantity & quality

Improve mood

Weight loss goal with MB & trauma therapy (50kg)

Reduce joint pain & increase mobilisation (swollen, limited movement)

Maintain cancer free environment (optimise wellness)

Reduce cortisol levels & improve resilience by supporting adrenal gland health.

Minimise anxiety & constant worry through addressing past trauma & emotional baggage

DIETARY INTERVENTIONS

- Maintain GF & DF for now until plan arrives
- Increase water intake to 3L / day (add mineralised salt to each bottle to improve hydration)
- Implement 3 consistent meals per day

LIFESTYLE INTERVENTIONS

- Being reading one of these 5 book recommendations regarding trauma (I own the highlighted if you want to borrow one):
 - The Body Keeps the score
 - When the Body says No
 - Waking the Tiger: Healing Trauma
 - Becoming Whole

- You Can Heal Your Life
- Implement some blue light therapy at home & in the bedroom with these products:
https://www.blockbluelight.com.au/?utm_source=google&utm_medium=paid&utm_campaign=16886153737&utm_content=138395937351&utm_term=block%20blue%20light&gadid=679397660765&gad_source=1&gclid=CjwKCAiA04arBhAkEiwAuNOsIrSCEkG56Uh9Cg2H4QSzQOOh6mwvSvc9g9itpd3clHq_glEOkcrTr9hoCMwgQAvD_BwE
- Lavender essential oil on clothing & pillows & chamomile tea each night for Chloe to support sleep onset
- In moments of anxiety – try to bring yourself back to the present with these hacks:
 - Self-soothing (touch) rubbing your arms, giving yourself a hug, crossing arms over chest & tapping each hand alternatively onto the chest in a rhythmic fashion
 - Vagal nerve stimulation – humming, gargling, singing – 5 mins at a time
 - Box breathing (4 seconds in, hold, out & hold)
 - Outside (breathe in fresh air) do the 5 senses test (1 thing you can hear, smell, feel, see & taste)
 - Close your eyes & take a deep breath in & exhale for longer

PRESCRIPTION/DOSAGE

GutR

Adrenasense

MagTaur

RejuvaSleep Forte

INVESTIGATIONS & REFERRALS

- MB Blood test referral – fasting (no more than 12 hours), hydrated, no supps or exercise 48 hours prior
- Please get blood pressure checked & let me know results ASAP
- I would encourage you to get some acupuncture for all the stress you've been under my two recommendations are:
 - Endeavour College – student clinic: <https://book.endeavourclinic.com.au/#/>
 - Kate Levett - <https://www.weststreetwellbeing.com.au/dr-kate-levett-acupuncture/>

LEARN MORE (RESOURCES & LINKS)

- Ebook – The Journey Begins

NEXT STEPS/CHECK-IN

- MB plan Consult TBC