



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Emilie Richard

Practitioner: Amy Phillips

Date: 13/12/22

OBJECTIVES

- Reduce sympathetic nervous system activation to minimise stress & anxiety & improve sleep – improving
- Investigate & treat nutrient deficiencies responsible for hair loss & hormonal acne
 - o July 22 bloods - **Iodine levels low at 70**, increase to >100
 - o **Serum B12 levels low 396**, increase to >500
- Support optimal fertility to help conceive & maintain healthy growth of embryo
- Modulate immune response to manage/reduce psoriasis presentation on scalp
- ~~Address gut microbiome health to support health & reduce cramping/flatulence~~

Results found in Microbiome Mapping July 22'

- o Low Levels of beneficial bacteria **Bacteroides fragilis**, **Bifidobacterium spp & longum**
- o High levels of beneficial bacteria **Clostridium spp, & Akkermansia muciniphila**
- o High levels of opportunistic bacteria (overgrowths), **Streptococcus spp. & Methanobacteriaceae**
- o High levels of parasite **Blastocystis hominis**
- o Slightly elevated levels of fungi **Candida spp**
- o **Low Secretory IgA (207)** to increase to over 550 - working on now

DIETARY INTERVENTIONS

- **Consume foods high in magnesium** eg. Dark green leafy vegetables, lentils, pumpkin seeds, quinoa, almonds, cacao powder (Lindt dark chocolate over 70%)
- **Limit all gluten & dairy** containing foods – if this is too much start with one & then add the other later
- **Simple swaps for gluten/wheat** (health food aisle of Coles & woolworths)– quinoa, buckwheat, lentil pastas/noodles, organic white basmati rice, seed breads, kelp noodles
- **Swaps for dairy** – Organic brands or [Ayam Premium Coconut Milk/Cream](#) (from coles/woolworths) diluted with water is a cheaper option for milk

- Recipe for homemade almond milk - <https://www.staraniseorganic.com/blog/2020/1/17/how-to-make-almond-milk-almond-pulp-biscuits>
- **Rotate protein intake** weekly – 2 days x grass-fed red meat, 2 days x wild caught/free-range white meat (fish, chicken/turkey), 3 x days vegetarian (tofu/lentils/legumes)
- Try a **strong peppermint & chamomile tea** (double bags of each) after dinner each night to minimise abdominal cramping/discomfort. Heat packs can also be helpful.

LIFESTYLE INTERVENTIONS

- Practice **mindful eating techniques** to improve absorption of nutrients especially B12 (handout attached)
- Continue gym & low intensity cardio exercises 4-5 times a week
- Implement strategies from **sleep hygiene handout** (attached) & practice one of the below activities each night before bed to help reduce anxiety
 - The Tapping Solution - <https://www.thetappingsolution.com/>
 - Havening Technique - <https://www.youtube.com/watch?v=09IDxrXAi2s>
 - Progressive Muscle Relaxation - <https://www.youtube.com/watch?v=ClqPtWzozXs>
 - Vagal Nerve Stimulation Exercises (5 minutes each time) – Humming, gargling, singing, laughing, cold water therapy

PRESCRIPTION/DOSAGE

See prescription document for table

STANDARD PROTOCOL (long-term – stop all but Natal tablet if pregnant)

- **Metagenics CalmX** – 1.5 x level scoops morning & evening
- **Designs for Health NAC Powder** – 1 x level scoop daily until you fall pregnant.
- **Orthoplex Anxioton** – Start with 1 x capsule morning & evening – if no improvements seen to anxiety/stress levels after 1 week increase to 2 x capsules morning & evening
- **Eagle Tresos Natal** – 1 x tablet daily in the morning

GUT RESTORATION PROTOCOL (4-6 weeks)

- **Designs for Health GI Revive** – 1 heaped tsp. in water each morning
- **SpectrumCeuticals SB500** – 1 x capsule daily
- **SpectrumCeuticals BifidoComplex** - 1 x capsule – **FINSIH OFF & REPLACE WITH ADVANCED SYNBIOTIC POWDER**
- **Advanced Synbiotic Powder** - Start with ½ scoop and increase by ½ scoop every 5 days until full dose of 2 scoops/daily is reached.
- **SpectrumCeuticals SB 500** – 1 x capsule/day

INVESTIGATIONS & REFERRALS

- Retest **Random urinary iodine & Active B12 in January 2023**

LEARN MORE (RESOURCES & LINKS)

- Mindful eating handout (attached)
- Sleep Hygiene handout (attached)
- B12 Handout (attached)
- Anti-Inflammatory diet handout (attached)
- Great book regarding hormones – Period Repair Manual by Lara Briden - [Period Repair Manual](#)
[Natural Treatment for Better Hormones and Better Periods by Lara Briden ND.pdf](#)

NEXT STEPS/CHECK-IN

- Follow up consult 04/02/22 9am Face-to face. Please let me know if you need this to be telehealth instead.
- Please upload any recent bloods from the doctor to your client portal under 'My results' or 'My Tests'