



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Emilie Richard

Practitioner: Amy Phillips

Date: 25/07/22

OBJECTIVES

- Reduce sympathetic nervous system activation to minimise stress & anxiety & improve sleep
- Investigate gut microbiome health to support health & reduce cramping/flatulence
- Investigate & treat nutrient deficiencies responsible for hair loss & hormonal acne
- Support optimal fertility to help conceive & maintain health of embryo
- Manage/reduce psoriasis presentation on scalp

DIETARY INTERVENTIONS

- **Read & follow an Anti-inflammatory diet** (handout attached) for the next 3 weeks
- **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
- 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

- 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

- Metagenics CalmX 241g– 1.5 x level scoops morning & evening
- Biomedica NAC Powder 60g – 1 x level scoop twice daily mixed with CalmX
- 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

INVESTIGATIONS & REFERRALS

- Complete Microbiome Test – NUTRIPATH
- See doctor this week for standard general health bloods – **FBC, ELFT, Iron studies, Vitamin D, Active B12 & folate, Lipid studies, HbA1c, Thyroid hormones (T4 & T3), CRP** – please FAST (8-10 hours) for these tests but have some water before (250-500mls). Send me a picture of what was referred & I will add anything missing to my referral for you.
- Non-Medicare rebated tests from my referral: **MTHFR gene test, Random urinary iodine, Plasma zinc**

LEARN MORE (RESOURCES & LINKS)

- Sleep Hygiene 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

- I will contact you to book Action Plan Session once stool test results are in.
- Please upload any recent bloods from the doctor to your client portal under 'My results' or 'My Tests'