



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Isha Patel

Practitioner: Amy Phillips

Date: 03/06/2023

OBJECTIVES

Support healthy blood sugar/insulin regulation

Investigate nutrient deficiencies from vegetarian diet (B12, Iron & Vit D, Omega 3's)

Increase protein intake to support neurotransmitter synthesis.

Reduce anxiety levels to improve mood

Regulate sleep patterns & improve sleep quality

Improve PMS mood symptoms

DIETARY INTERVENTIONS

- Include a complete protein in 1 meal each day (see handout attached)
- Increase fat & protein rich foods to support hormone & neurotransmitter production – as a vegetarian these are avocado, nuts, seeds, olive oil, flaxseed oil, goats & sheep's cheese
- Minimise high GI foods, sweets & baked goods such as biscuits, chips, bread, juices & soft drinks to regulate blood sugar levels & reduce inflammation

LIFESTYLE INTERVENTIONS

- Try progressive muscle relaxation when you get home each day
<https://www.youtube.com/watch?v=1nZEdqcGVzo>
- Setting healthy boundaries with family & friends (handout attached)
- Yin-yoga YouTube example to try <https://www.youtube.com/watch?v=mzf2kFNf8Yw>
- Prioritise meditation & deep breathing either throughout your day or each night before bed – I suggest 1Giant Mind, insight timer, smiling mind, or Down Dog (meditation version)

PRESCRIPTION/DOSAGE

See prescription document for timings & doses:

MetaPure Algae Oil

Cinnatol

Alkamin Calm

INVESTIGATIONS & REFERRALS

- Go to local GP and get a health check up asking for blood tests most importantly Iron studies, B12, vit D, blood sugar levels, insulin & full thyroid panel

LEARN MORE (RESOURCES & LINKS)

- Complete protein handout (attached)
- Boundaries handout (attached)
- Period Repair Manual – Lara Biden - [Period Repair Manual Natural Treatment for Better Hormones and Better Periods by Lara Briden ND.pdf](#)
- When the Body Says No – Gabor Mate - https://www.booktopia.com.au/when-the-body-says-no-gabor-mate/book/9781925849646.html?dsa=s1-east&gclid=Cj0KCQjwuO6WBhDLARIsAIdyDKZf9TkUH2xlbYmVXLsjsNZJm9kM67Rtrf1NPw3bi0dmRsPKzg3likaAoNZEALw_wcB

NEXT STEPS/CHECK-IN

- Book in for a follow up telehealth consult in 4-6 weeks (\$95)