



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Lily Douglas

Practitioner: Amy Phillips

Date: 25/04/22

OBJECTIVES

Support healthy pregnancy & birth outcomes

Improve sleep quality

Reduce stress levels & effect on mind/body

Minimise pregnancy related reflux symptoms

Reduce hip cramps & muscles aches through increasing mineral/electrolyte content & magnesium levels

DIETARY INTERVENTIONS

Musculoskeletal complaints:

- Add some **collagen to your smoothie** to support ligament/joint health as well as increase protein intake at breakfast
- Add a banana to your smoothie each day for added potassium intake
- 1 cup of coconut water (infused with berries/mint if needed) or in smoothie

Reflux Symptoms:

- Consume **smaller more frequent meals** (6-8/day). Avoid over-eating/only eat until comfortable not full to minimise reflux symptoms. Eat slowly, chew your food well to aid digestion.

Stress symptoms:

- Reduce any caffeine intake from coffee or soft drinks as this can be hyper-stimulating on yours & baby's nervous system – **replace with coconut water**

LIFESTYLE INTERVENTIONS

- Find a **supportive knee pillow** to encourage correct hip placement when side-sleeping – something like this may help <https://ortorex.com.au/p/knee/>
- Practice **meditation** once daily to minimise stress levels - try to catch yourself during the moments of higher stress for 3 deep belly breaths (**'circuit breakers'**)

PRESCRIPTION/DOSAGE

See prescription document for table

Stress & general pregnancy well-being:

Orthoplex Clinical Lipids 2:1 - 2 x capsules every morning with food

Green Nutritional's Vitamin C Powder – 1 tsp in smoothie or glass of water

Biomedica Femex Forte Probiotic – 1 capsule daily from 28 weeks - well-researched strains to improve vaginal microbiome

Reflux:

Slippery elm – 1 tsp in water/tea 30 mins after food, particularly after larger meals to soothe mucous membranes

Musculoskeletal:

Diasporal – 1 sachet before bed – hip cramps, muscular soreness, nervous system support

Optional: Designs for Health Collagen – 1-2 scoops in smoothies - for ligament, joint, skin, hair & nail support/health

Pregnancy/birth support:

Pregnancy Herbal Tea Blend:

For each cup = 1 tbsp. [Nettle leaf](#) (*Urtica dioica*), 1 tbsp. [Raspberry leaf](#) (*Rubus idaeus*) & 1 tsp. Licorice (*Glycyrrhiza glabra*)

Schedule:

- 25-28 weeks 1 cup /day
- 28-32 weeks 2 cups /day
- 32-36 weeks 3 cups /day
- 37-40 weeks 4 cups /day
- 40-42 weeks (and/or 2 weeks post-partum) 2 cups /day until bleeding stops

INVESTIGATIONS & REFERRALS

- Post-partum bloods – 6 weeks after birth – Iron studies, vitamin D, Thyroid panel, FBC, Plasma zinc, serum copper, E-LFT, Active B12, hs-CRP, homocysteine & ceruloplasmin.

LEARN MORE (RESOURCES & LINKS)

- First Forty Days - book
- Well-adjusted Babies - book
- Midwife Cauldron - podcast

NEXT STEPS/CHECK-IN

- Check in at 36 weeks.