



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Martin Tirzins

Practitioner: Amy Phillips

Date: 16/07/22

OBJECTIVES

Reduce occurrence of epigastric reflux & indigestion (GERD) through medical investigation & symptomatic care – taking antacid to help for now (working well)

Soothe irritated & inflamed oesophageal & gastric mucous membranes

Increase production of digestive secretions (bile, pancreatic enzymes & stomach acid) to improve digestion & absorption of foods/nutrients

Reduce stress levels to support parasympathetic (rest & digest) nervous system pathways

Investigate possible causes of reflux with GP ie. H-pylori, parasites, structural abnormalities such as sphincter weakness, peptic ulcers or hernias

Reduce oxidative stress & acidity to support fertility

Support energy production, immune function & fertility through nutritional co-factor support

Address nutritional deficiencies found in June blood tests

Deficiencies found in June 22' bloods

- Increase Vitamin D from 62 to over 100
- Increase Active B12 from 56 to >100
- Increase Folate 24 to >36
- Reduce acidity by reducing anion gap from 17 to <12
- Optimise cholesterol by increasing HDL
- Optimise liver enzymes (ALP & GGT) & bilirubin levels (oxidative stress)
- Increase dietary sources of phosphate

DIETARY INTERVENTIONS

- For the next month, eliminate common reflux trigger foods ie. Gluten containing foods (breads, pastas, noodles, some sauces) & try gluten-free alternatives, high GI carbohydrates (white foods), spices, alcohol, soft drinks, chocolate, peppermint & lollies

- Restrict all food intake after 8pm each night to allow for digestion to occur prior to bedtime & allow your gut to take a nice break overnight from digesting
- Drink at least 2 litres water per day (this includes herbal teas/supplements but not coffee)
- Increase dietary sources of B12 in diet (see handout)
- Increase dietary fibre intake by including 1 cup of vegetables or fruit with breakfast & lunch meals to improve micronutrient/antioxidant uptake. Eating the rainbow (lots of coloured vegetables – reds & purples in particular) at lunch & dinner will help increase anti-oxidant capacity.
 - Eat a variety of dark green leafy vegetables (high in folate) – eg. bok choy, silverbeet, spinach, kale etc
- Aim to consume 2 cups of green tea a day (decaffeinated) if having later in day – powerful anti-oxidant capabilities.
- Breakfast ideas:
 - Yoghurt/porridge with berries or kiwifruit and nuts, seeds, honey, egg/veggie muffins (cooked the night/weekend before)
 - Boiled eggs
 - Smoothie/protein shake if needing something quick
- Lunch Ideas:
 - Nori sheet wraps with meat & veggies
 - Pre-made salad bowl from coles with boiled eggs or tuna/salmon/sardines
 - Leftover dinner
- Snack ideas:
 - Piece of fruit & handful of nuts (brazil, walnut, almonds)
 - Gluten-free protein balls

LIFESTYLE INTERVENTIONS

Reflux

- Elevate bed head or height of head while sleeping to minimise acid rising
- Become familiar with & practice mindful eating techniques (handout attached) when you can - this will help your nervous system relax & allow for more digestive secretions to be produced = better digestion/less reflux

Stress/Fertility

- Begin to incorporate 1 x planned 30-minute moderate intensity exercise activity each week
- Download insight timer & experiment with the meditations they have available
- Increase available sleep hours by 30 minutes for the next 4 weeks – head to bed around 10.30pm

PRESCRIPTION/DOSAGE

See prescription document for table

Orthoplex Mito Pro – 1 x scoop in water each morning with food – nutritional & herbal co-factors to support anti-oxidant capacity, mood, energy & fertility

Bioceticals LivProtect – 1 x tablet morning & night away from medication – support liver health & reduce oxidative stress

Bioclinic OptiActiv D – 1 x tablet with food daily (anytime of day) – improve vitamin D levels

Designs for Health GI Revive – 2 tsps in water - 1 hour after dinner each night – anti-inflammatory/soothing herbs & nutrients to reduce inflammation of mucous membranes in stomach & oesophagus

INVESTIGATIONS & REFERRALS

- H-pylori Breath test, PCR stool test, endoscopy

LEARN MORE (RESOURCES & LINKS)

- Gluten & GERD study - [Effect of gluten-free diet on preventing recurrence of gastroesophageal reflux disease-related symptoms in adult celiac patients with nonerosive reflux disease - Usai - 2008 - Journal of Gastroenterology and Hepatology - Wiley Online Library](#)
- GERD Lifestyle & Nutritional Interventions - [nihms687892.pdf](#)
- Mindful Eating Techniques (attached)

NEXT STEPS/CHECK-IN

Follow up in 4 weeks to check on how you are progressing – 13th August 11am