



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Martin Tirzins

Practitioner: Amy Phillips

Date: 23/04/22

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## OBJECTIVES

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Reduce occurrence of epigastric reflux & indigestion (GERD) through medical investigation & symptomatic care

Soothe irritated & inflamed oesophageal & gastric mucous membranes

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

Increase energy production through nutritional co-factor support

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

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

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## DIETARY INTERVENTIONS

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- 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 fibre intake by including 1 cup of vegetables or fruit with breakfast & lunch meals to improve micronutrient/antioxidant uptake
- 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
  - Gluten-free protein balls

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## LIFESTYLE INTERVENTIONS

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### 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

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## PRESCRIPTION/DOSAGE

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*See prescription document for table*

**Designs for Health GI Revive** – 2 tsps in water 30 mins - 1 hour after dinner each night – anti-inflammatory/soothing herbs & nutrients to reduce reflux symptoms/burning

**Orthoplex Hydrozyme** – 1 tablet immediately before or with each main meal – stomach acis/digestive support

**Biomedica AdHealth F** – 2 x capsules each morning – nutritional co-factors to support the body during stress

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## INVESTIGATIONS & REFERRALS

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- See GP for medical examination & possible investigation of physical abnormalities. Ask for health-check up bloods to be completed & upload to 'test results' section of your portal when you get the results back.

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## LEARN MORE (RESOURCES & LINKS)

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- 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)

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## NEXT STEPS/CHECK-IN

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- Visit GP for health check & investigations
- Follow up in 3 weeks to check on how you are progressing – 14<sup>th</sup> May 9am – if it doesn't suit just let me know.