



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Kate Lavender

Practitioner: Amy Phillips

Date: 16/07/22

OBJECTIVES

Increase sleep quantity to assist in cellular regeneration & energy levels

Modulate dietary habits to support blood sugar regulation & energy levels - improving

~~Regulate menstrual cycle & reduce heavy blood flow/PMS prior to the bleed – achieved!~~

Upregulate upper digestive function (pancreatic enzymes, bile & HCL) to assist in breaking down/absorbing nutrients & improving stool colour - improving

Support liver detoxification pathways to improve hormone excretion - improving

Reduce intestinal inflammation & mucous membrane cell-wall integrity of gut

Improve immune function to reduce incidence of eczema, shingles & asthma.

Address nutritional deficiencies post-partum & breastfeeding to support fertility

Deficiencies found in June 22' bloods

- Increase Vitamin D from 72 to over 100
- Increase iron stores (ferritin) from 25 to >50
- Increase phosphorus levels through food
- Active B12 from 60 to >100
- Optimise HDL to LDL ratio
- Support progesterone levels (<1 @ day 11 of cycle)

DIETARY INTERVENTIONS

- Increase food sources of vitamin B12 & iron (see handout)
- Lakewood Organics - Great juice option if you need to order bulk & can't get real stuff from coles/woolies <https://www.buyorganiconline.com.au/brands/Lakewood/>
- Increase foods high in phosphorus eg organ meats, chicken/turkey, nuts & seeds (brazil butts, sunflower & pumpkin seeds)

- Ensure water intake is at 2 litres per day – this includes herbal teas (fennel, ginger, peppermint, chamomile) & bone broths.
- Avoid all dairy (including milk chocolate) for the next few months while we stabilise your hormones
 - Reasoning: dairy can cause an inflammatory response within the gut & immune systems, affecting your production/excretion of hormone levels.
 - Swap milk chocolate for **Lindt dark chocolate** (above 70%)
- Minimise/remove gluten containing foods (bread, pasta, some sauces, cakes) to reduce gut inflammation
 - **Gluten-free snacks/pasta alternatives** found in the health food aisle of woolies & coles
 - **GF BREAD OPTIONS:**
 - Online: No Grainer - have heaps of great options
<https://www.nograiner.com.au/>
 - Local: Bare Wholefoods in St Leonards
<https://barewholefoods.com.au/shopping/gluten-free-sourdough-loaf>
 - From any health food shop – Venerdi Breads -
<https://www.venerdibreads.com.au/>
 - Or make your own! <https://thenaturalnutritionist.com.au/category/bread/>
- Increase protein & healthy fat in both breakfast & lunch
 - Reasoning: protein & fat satiate your appetite (keeping you fuller for longer), they will help stabilise your blood sugar levels & reduce dips in energy throughout the day
 - Breakfast Ideas (for you & the Matilda): **Chia** pudding (batch cooking) with collagen powder & garnish with any **nuts, seeds, coconut yoghurt** or low-sugar fruits (berries), 2 x **hard boiled eggs** on a bed of spinach (batch boil for the week on the weekend), **Quinoa flakes/oat Porridge** with almond milk & nut butter, berries/honey – batch cooked & keep in containers
 - Lunch Ideas: grated veggies & tinned salmon on **nori wraps**
- Snack Ideas (good for Matilda & great snacks for you): <https://www.boobtofood.com/recipes>
 - **Nuts** are a great snack – high in fat & protein, combined with some fruit will fill you up for longer
 - Veggie sticks with **homemade hummus** (chickpeas high in protein)
 - 1 tsp **Bone broth** in hot water can be a nice nourishing snack for your gut & immune system – I recommend https://au.gevityrx.com/collections/bone-broth-body-glue?gclid=CjwKCAjwloCSBhAeEiwA3hVo_dvJ8okaBko1c4IqFIGmYD5NZ08xzVJJGKjS_bb2u341ZVap_x_9BoCov4QAvD_BwE

LIFESTYLE INTERVENTIONS

- Keep up with your daily walks & getting sunshine on your skin for at least 15 mins each day
- Aim to head to bed at least 15-30 minutes earlier (11pm) for the next 3 weeks, once you're achieving that try 15-30 minutes earlier again
 - Sleep achieved earlier in the night is more restorative than early morning
 - Finding a supportive sleep hygiene routine after watching TV will help prepare your nervous system for rest – ie. Reading a book, having a bath, placing some lavender on your nose/pillow, deep belly breathing (5 minutes) etc.

PRESCRIPTION/DOSAGE

See prescription document for table

- **P2 Detox** – 1 scoop in water daily – **1 more round**
- **Mothers Blend Foraged for You** – 2 tsp in water each morning
 - Mix all three together in juice or water.
- **Digestive Bitters** – 10 drops in 50-100mls water 2-20 mins before each meal. Take small sips & swish before you swallow.
- **Bioclinic OptiActiv D** – 1 x tablet daily
- **RN labs Sublingual HydroxyB12** – 1 x tablet under tongue until mostly dissolved then swallow. Take every second day or 3 x a week.
- **Orthoplex GutRx** - 1 scoop in water nightly before bed or with dinner – **1 more round**

ACUTE IMMUNE PROTOCOL (WHEN NEEDED – FOR MARTY TOO)

- **Designs for Health Liposomal Glutathione** - 2 x squirts under tongue for 30 seconds then swallow
- **Metagenics Meta Zinc Vitamin C** - ½ tsp in water twice daily

INVESTIGATIONS & REFERRALS

- Check true progesterone levels at day 21 or 7 days before expected bleed.
- Recheck Iron studies, Active B12, Lipid Studies, Vitamin D, Plasma Zinc & FBC in 3 mths

LEARN MORE (RESOURCES & LINKS)

- Great recipe book for Matilda transitioning from milk to food <https://miltomeals.com/>
- A great book for you to learn more about your period & hormonal health
<file:///C:/Users/Amy/OneDrive%20-%20eweb.endeavour.edu.au/AIM%20Natural%20Healthcare/AIM%20NATUROPATHY/Clinic%20Charts%20&%20Resources/Extra%20Resources%20&%20Research/Text%20books/Period%20Repair%2>

[0Manual%20Natural%20Treatment%20for%20Better%20Hormones%20and%20Better%20Periods%20by%20Lara%20Briden%20ND.pdf](#)

- You may like to use the Menstrual cycle tracking chart (attached) from the first day of your bleed this month

NEXT STEPS/CHECK-IN

- Short check in consultation (15 minutes) – in 4 weeks time – 13th August.