



# NATUROPATHIC TREATMENT PROTOCOL

Patient: Lucia Coman - DOB: 29/08/1990

Practitioner: Amy Phillips

Date: 11/04/2022

---

## OBJECTIVES

---

Support neurotransmitter production & synthesis especially serotonin & dopamine

Optimise nutrient intake of iron, B12, calcium & omega 3's for mood support

- Increase vitamin D to 120 – currently 84 Mar 2022
- Increase B12 to 500-600 – currently 328 Mar 2022
- Increase Ferritin to 80-100 - currently 41 Mar 2022

Down-regulate anxiety & stress levels through lifestyle intervention & herbal support

Support liver health & detoxification, preventing oxidative damage to cells – bilirubin 16/ALP 48/haemoglobin 123 – Mar 2022

Improve stool consistency, colour & motility

Investigate nutritional deficiencies for immune & thyroid function - plasma zinc, urinary iodine

Investigate digestion/absorption of nutrients through the gut – GI Map

---

## DIETARY INTERVENTIONS

---

- **Add 2 large brazil nuts to your diet every day**
  - Reasoning: they contain high levels of selenium which is great for thyroid health & T4 to T3 conversion
- **Include as many food sources of iron & B12 (from handouts) into your diet as you can**
  - **Experiment with adding some organ meats to your meals once a week: Liver pate recipe (link below) & grated/minced grass-fed liver into standard mince (ask butcher to do it for you)**
  - Parsley/coriander on veggies/as a salad would be good

- Nori sheets with grated veggies & boiled egg as wraps for lunch instead of rice cakes – great source of iodine which is good for thyroid health
- Beef bone broths – great source of collagen & nutrients/minerals to support optimal health – they're practically a superfood!
- Variety is key, try to mix up your veggies (hot, cold, raw) as much as possible, different fibres are good for microbiome diversity
- **½ lemon juiced with 1 tsp apple cider vinegar in water 15 mins before breakfast & dinner**
  - This will stimulate digestive juices (stomach acid & bile) to help breakdown food before it enters your mouth
- **Increase protein intake 1.2g/kg per day to support neurotransmitter synthesis particularly dopamine & serotonin**
  - Reasoning: these neurotransmitters are responsible for memory, mood, motivation & digestive function
  - Quinoa is a great source of protein – you could make a stir-fry mixture & stuff mushroom with it.
  - Add 2 eggs to your breakfast, lunch or snacks every 2<sup>nd</sup> day (they are nature's multi-vitamin, they contain B vitamins, vitamin D, protein, potassium, sodium, B12, calcium)
  - Continue consuming meat over the weekend days/week, aim for grass-fed meats where possible.
- **Increase Omega 3 intake for cognition, brain health & anti-inflammatory benefits**
  - Ideas: Wild caught fish at least 2-3 times a week - Wild caught means they have not been farmed or fed an unnatural/processed diet changing their nutritional make-up. Sardines, mackerel & salmon are all good choices.
  - Chia puddings as snacks or breakfast (recipe below)
  - 1-2 tbsps. Hemp seeds on or in smoothie each morning
  - Place extra virgin Olive oil (cold) on anything & everything
- **Reduce alcohol consumption to 5 standard drinks a week with 4 alcohol free nights/week – huge improvement!**
  - Reasoning: alcohol can interfere with the chemicals in our brain causing further imbalances, it can disturb circadian rhythms & impact gut health through inflaming the liver & killing beneficial bacteria
- **Remove oats & oat milk from diet for now**
  - Reasoning: Oats contain avenin a protein which can cross react with gluten initiating an immune response. Replace with Nutty Bruce Coconut or Almond Milk
  - Almond butter would be a nice replacement for the oats in your smoothie

---

## LIFESTYLE INTERVENTIONS

---

- **Dream diary – if vivid nightmares continue – document them when you wake & talk to psychologist about them.**
- **Aim for at least 20-30 minutes of unprotected sun exposure everyday which as much skin as possible exposed**
  - This will support serotonin production, improve circadian rhythm & vitamin D synthesis
- **Experiment with new ways to destress in an effort to minimise reliance on alcohol. 'Circuit breakers – Deep Breathing' throughout your day could be helpful – set a timer in your phone every few hours to complete a circuit breaker activity especially before meals.**
  - Ideas: 5-minute meditation, box breathing, havening technique, vagal nerve stimulation, tapping or progressive muscle relaxation (**links below**), binaural beats while working may help you concentrate better.

---

## PRESCRIPTION/DOSAGE

---

Symptomatic support while we investigate deeper - See prescription document for table summary.

- **200g CalmX Powder**
  - 1.5 x scoops morning & night (away from alcohol & coffee).
- **500ml Herbal Tonic** – Withania (40), Saffron (30), Siberian ginseng (50), Codonopsis (50), St John's Wort (30), Ginger (10)
  - 7.5mls diluted in water twice daily (away from alcohol & coffee)
- **25ml Australian Bush Flower Essence Mix** - for emotional/energetic support
  - Macrocarpa – supports renewed enthusiasm, endurance & inner strength
  - Crowea – balances & centres, provides clarity on feelings, peace & calm
  - Silver Princess Gum – supports motivation, direction & life purpose
  - Sturt Desert Pea – supports letting go, healthy grieving & release of held grief/sadness

7 drops under the tongue along with affirmation (on rising & retiring from bed)

***Affirmation with each dose: I am now releasing worries & opening myself to more vitality & inner peace. Peace of mind is mine now.***

- **RN Labs Sublingual Hydroxy-B12**– 1 tablet each morning upon waking - hold under the tongue for as long as possible then chew the rest up & swallow
- **BioCeuticals Liv Protect** – 2 tablets morning & night
- **BioMedica BioHeme** – 1 capsule in morning every 2<sup>nd</sup> day

**As needed:**

- **Whole Body Collagen** – 1 scoop in smoothie (alternate with pea protein)

---

## INVESTIGATIONS & REFERRALS

---

- Head to student clinic for acupuncture & massage treatments
- GI Map (Stool Test) – to check microbiome health, infections/overgrowths & gut health markers – you will get email with further instructions/payment link, they will then send the test to your home.
- Results: PHQ-SADS PROM taken 1/03/22 – Body symptoms - 16 – moderate, Anxiety symptoms - 12 – moderate, Depressive symptoms - 20 – severe – **retest June 2022**

---

## LEARN MORE (RESOURCES & LINKS)

---

- **Great book** you may like to read about fertility & period health – The Period Repair Manual – this is the online version or you can purchase a hard copy - [Period Repair Manual Natural Treatment for Better Hormones and Better Periods by Lara Briden ND.pdf](#)
- **Liver Pate recipe** - <https://autoimmunewellness.com/bacon-beef-liver-pate-with-rosemary-and-thyme/>
- Cashew Sour cream recipe - <https://thenaturalnutritionist.com.au/i-love-condiments-4-recipes-you-need-in-your-life/>
- Tahini brownies - <https://www.sheridanjoy.com/recipes/2019/7/28/paleo-tahini-blondies>
- **The Tapping Solution** - <https://www.thetappingsolution.com/>
- Havening Technique - <https://www.youtube.com/watch?v=09IDxrXAi2s>
- Progressive Muscle Relaxation - <https://www.youtube.com/watch?v=ClqPtWzozXs>
- Vagal Nerve Stimulation Exercises (5 minutes each time) – Humming, gargling, singing, laughing, cold water therapy

---

## NEXT STEPS/CHECK-IN

---

- **Next appointment** – Standard follow up 30/05/22 - 5pm – if it doesn't suit let me know
- **Late May 2022 repeat blood test – iron studies, FBC, biochemistry, B12/folate, vit D, LFTs, homocysteine**
- Order GI-Map Microbiome Test when you financially can – test request in your emails
- I'm here to help so email me if you have any questions or concerns  
[aim.naturalhealthcare@gmail.com](mailto:aim.naturalhealthcare@gmail.com)