



NATUROPATHIC TREATMENT PROTOCOL

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

Practitioner: Amy Phillips

Date: 14/03/2022

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 sympathetic nervous system response to reduce cortisol levels

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

- **Include as many food sources of iron & B12 (from handouts) into your diet as you can**
 - Parsley/coriander on veggies/as a salad would be good
 - 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 2nd 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.
- **Introduce more unhulled tahini to your diet to support your calcium intake**
 - Ideas: tahini dressing, homemade hummus with veggie sticks, tahini brownies (recipe below)
- **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
- **Soak & rinse all your legumes/chickpeas before cooking**
 - Reasoning: they contain a compound called saponins (soapy) which can be very irritating on the gut, soaking & rinsing helps eliminate as much of these as possible

LIFESTYLE INTERVENTIONS

- **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).
 - **NEW 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)
 - **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 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 2nd day

As needed:

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

INVESTIGATIONS & REFERRALS

- Take blood test referral to Lavery for thyroid panel & upload to portal

- TSH, T3, T4, Thyroid antibodies
- 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.
- Head to student clinic for acupuncture & massage treatments
- June 2022 Blood test – iron studies, FBC, biochemistry, B12/folate, vit D, LFTs, homocysteine
- Results: PHQ-SADS PROM taken 1/03/22 – Body symptoms - 16 – moderate, Anxiety symptoms - 12 – moderate, Depressive symptoms - 20 – severe – test again 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](#)
- 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 11/04/22 2pm – if it doesn't suit let me know
- Upload Iris, nail & tongue pictures to portal
- 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