



NATUROPATHIC TREATMENT PROTOCOL

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

Practitioner: Amy Phillips

OBJECTIVES

Support neurotransmitter production & synthesis especially serotonin & dopamine

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

Down-regulate sympathetic nervous system response to reduce cortisol levels

Improve stool consistency, colour & motility

Investigate nutritional deficiencies responsible for low mood, motivation & energy

Investigate digestion/absorption of nutrients through the gut

DIETARY INTERVENTIONS

- **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)
- **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 8 standard drinks a week with 2 alcohol free nights/week**

- Reasoning: alcohol can interfere with the chemicals in our brain causing further imbalances, it can disturb circadian rhythms & impact gut health through increased inflammation & reduced beneficial bacteria

- **Remove oats & oat milk from diet for now**

- 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' 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 x scoop morning & night (away from alcohol). After 1 week build to 1.5 scoops morning & night if well tolerated

- **200ml Adrenal/Anxiety Tonic** – Withania (40), Saffron (20), Siberian ginseng (80), Liquorice (40), St Johns Wort (30)
 - o 5mls twice daily for the 1st week, if well tolerated increase to 7.5mls twice daily (away from alcohol)
- **25ml Australian Bush Flower Essence Mix** - for emotional/energetic support
 - o Macrocarpa – supports renewed enthusiasm, endurance & inner strength
 - o Crowea – balances & centres, provides clarity on feelings, peace & calm
 - o Silver Princess Gum – supports motivation, direction & life purpose
 - o Sturt Desert Pea – supports letting go, healthy grieving & release of held grief/sadness

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

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

INVESTIGATIONS & REFERRALS

- Standard health check-up bloods from GP. Also ask them to check ulcer on tonsils – Once you get the pathology slip, send me a picture of what they referred you for & I can give you a referral for what's missing.
 - o I'm interested in - Fe Studies, Vit B12, folate, Vit D, TSH, T3, T4, Thyroid antibodies, Fasting BGL, LFT, Lipid profile, Biochemistry, FBC, plasma zinc.
- 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.

LEARN MORE (RESOURCES & LINKS)

- 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

- Send picture of pathology referral from GP once you have received it
- Complete Anxiety, Depression & Gut Questionnaire (PROM) as a more objective rating for us to measure improvements from

- Order GI-Map Microbiome Test when you financially can – test request in your emails
- Next appointment 14/03/22 5pm
- I'm here to help so email me if you have any questions or concerns
aim.naturalhealthcare@gmail.com