



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Marinella Faggion DOB: 20/03/1988

Practitioner: Amy Phillips

Date: 04/02/23

OBJECTIVES

- Increase hunger signals & digestive secretions (HCL, pancreatic enzymes, bile)
- Support liver health & detoxification pathways to help eliminate wastes, excess hormones from the body
- Regulate blood sugar levels to support consistent energy
- Modulate cortisol wave (high morning/low evening) by supporting adrenal gland health
- ~~Improve sleep quality (maintenance) to assist fatigue levels & recovery~~
- ~~Investigate/reduce hormonal acne (check & jawline)~~
- ~~Investigate possible causes of nasal blockages — food intolerances, environmental allergies, physical structure~~
- Address nutrient deficiencies responsible for fatigue (~~iron~~ – low 10/22/~~B12~~ – good 10/22/thyroid – ~~suboptimal~~ TSH 10/22 - testing T3 & T4 now)

DIETARY INTERVENTIONS

- Avoid coffee before food & 30 mins after (treat it as a reward for eating breakfast)
 - Reasoning: coffee spikes our cortisol levels, suppresses our appetite & dysregulates blood sugar levels which can all affect energy.
- **Consume ½ lemon or 1 tsp of apple cider vinegar in 150mls water with digestive bitters each morning upon rising**
- Start eating breakfast (fat & protein rich) even if it's only small right now– make something for yourself while getting the kids breakfast
 - Reasoning: you need to nourish yourself to give you the energy to nourish them

- It will help your body regulate its cortisol rhythm & blood sugar levels (longer lasting energy)
- Ideas (for you & the kids):
 - Chia pudding (batch cooking) with collagen powder & garnish with any nuts, seeds, yoghurt, fruits you like
 - 2 x hard boiled eggs (batch boil on the weekend)
 - Quinoa Porridge with almond milk & berries/honey – batch cooked & kept in containers
- **Include as much fish as possible in the diet** – quality tinned brand <https://good-fish.com.au/>
- **Consume 1 dozen oysters (high in zinc) as often as possible – fortnightly is ideal but monthly would be great!**
- **Ensure water intake is adequate at least 2-2.5L** (includes herbal teas, extra cup of water needed for each coffee) in your humid environment

LIFESTYLE INTERVENTIONS

- Vagal Nerve Stimulation Exercises for HPA (hypothalamus, pituitary & adrenal) axis regulation (5 minutes on one activity at least once a day) – Humming, gargling, singing, laughing, cold water therapy (cold shower immersion)

PRESCRIPTION/DOSAGE

See prescription document for table

- **Digestive Bitters** – 10 drops before each meal – savour the flavour & swish before you swallow
- **NEW 200ml Adrenal Herbal Tonic**: Rhodiola 40, Shatavari 60, Withania 60, Siberian ginseng 40, Ginger 10
- **Foraged for You Powder** – purchase here: https://foragedforyou.com/collections/frontpage?gclid=CjwKCAiA_vKeBhAdEiwAFb_nrbGlyARsnKuuWCz37bwBEilFeoT8YtcnYMxmzU3uotwfuSTQeL7H_BoCdMUQAvD_BwE
- **Metagenics EPA/DHA Liquid** – omega 3's
- **MagTaur X-cell** – magnesium, Zn & B vitamins

INVESTIGATIONS & REFERRALS

- My referral for full thyroid panel – from I-screen \$62 to be completed ASAP
- End of May '23 - please get check-up bloods from GP H-pylori breath test, iron studies, plasma zinc
- Further investigations if issues continue:
 - GI-MAP – complete microbiome stool analysis & intestinal health

LEARN MORE (RESOURCES & LINKS)

Great sites for healthy recipes for you & the kids to get inspired

- <https://thenaturalnutritionist.com.au/recipes/>
- <https://www.sheridanjoy.com/recipes>
- <https://www.boobtofood.com/recipes>

Other adrenal/nervous system techniques:

- 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>

NEXT STEPS/CHECK-IN

- 'Check in' 15 min call - once thyroid results are returned
- Upload results to your client portal once you have received them from your GP