



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Penny Wood DOB: 08/07/1987

Date: 11/06/22

Practitioner: Amy Phillips

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## OBJECTIVES/AIMS

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Enhance liver function & detoxification processes to assist in removal of endotoxins & other wastes

~~Increase intestinal motility to achieve a daily bowel motion with no straining~~

Modulate large intestinal dysbiosis – *Candida sp.*, *Streptococcus sp.* *Bacillus sp.* & *Citrobacter freundii* overgrowths found in Microbiome Mapping 2021.

Eliminate pathogenic bacterial overgrowths in small intestine (positive hydrogen & methane SIBO breath test 2021) – improving

Upregulate upper digestive processes to reduce occurrence of bloating/digestive discomfort – improving

Improve gut immunity to reduce risk of leaky gut/inflammation by increasing secretory IgA & restoring deficient beneficial bacteria *Lactobacillus Rhamnosus*, *E. Coli*, *Bifidobacterium sp.* & *Akkermansia muciniphila* (microbiome Mapping 2021)

~~Stimulate hunger signal to improve motility~~

Optimise absorption of thyroid nutrient co-factors for T4/T3 production & conversion – reported May 2022 – corrected iodine 188, p. zinc 14.1, selenium 1.3 (ideally 1.6-1.9), vit D 98.

Modulate stress response & improve cortisol levels (HPA/HPT axis) to lower RT3 levels to below 300 & optimise thyroid hormone levels – reported May 2022 – RT3 423, T4 10.4 & T3 4.0

Support coming off melatonin naturally to improve sleep onset & quality

~~Explore/investigate MTHFR gene mutation & methylation~~

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## DIETARY INTERVENTIONS

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- Start adding in more foods with less restriction from the Histamine/SIBO Phase 2 Diet (blue column – organic where possible) handout

- Continue adding in new foods (one at a time) with less restriction, however preferably still wary of histamine containing types. Histamine liberating are the ones you should experiment with.
- Nutty Brice milk brand for any milk
- Soak in water for 12 hours then cook organic white basmati rice in broth/stock
- Try some recipes from here: [SIBO-SOS-COOKBOOK-7.19.pdf \(digestionsos.com\)](https://digestionsos.com/SIBO-SOS-COOKBOOK-7.19.pdf)
- **Minimise snacking – aim for 3 larger meals per day with an overnight fast of at least 12 hours**
  - Reasoning: This will ease the load on the digestive system & illicit a hunger signal activating the migrating motor complex (muscles in your digestive tract - grumbling) which is a bit sluggish right now.
- **Aim to consume wild caught fish at least 2-3 times a week for anti-inflammatory benefit**
  - Wild caught means they have not been farmed, fed an unnatural diet. Sardines, mackerel & salmon are all good choices.
  - Generally, the smaller the fish the less heavy metals present – 'Good Fish' app is a great resource for sustainable fish consumption
- **Consume only cooked vegetables – soups, broths, stews, steamed, roasted etc.**
  - Reasoning: Cooked vegetables are much easier on a compromised digestive system & minimise the amount of energy needed to break them down. Energetically, a 'cold' (sluggish) digestive system will struggle with cold (raw) foods.
- **Increase water, beef bone broth & green/chamomile/ginger tea consumption – combined at least 2.5-3L per day**
  - Reasoning: Green tea is a powerful anti-oxidant & anti-inflammatory herb which will help reduce any die-off symptoms – aim for 2-3 cups/day but avoid after 3pm due to caffeine content. You can find caffeine-free green tea if you would like to avoid caffeine. Ginger is a warming herb, anti-inflammatory & helps increase gut motility (movement).
  - Filtered water is needed to hydrate your cells & move your bowels. Filtered is preferred to minimise chemical consumption (eg. Chlorine & fluoride) that can disrupt microbiome diversity.
  - Aim for at least 3-4 cups of bone broth per day. The amino acids, collagen & nutrients found in bone broths are incredibly healing for the gut. Always use grass-fed organic beef bones.
  - Lemon & lime juice ice-cubes in your water bottle would be a nice addition to stimulate stomach acid production, liver function & improve flavour. Consider drinking with straw when possible as the acid can eat away at the enamel on your teeth after a long period of time.

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## LIFESTYLE INTERVENTIONS

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### GUT HEALTH:

- Eating mindfully – slowly & chewing each mouthful 20 times is really important to improve digestion. You should also be chewing/swishing your smoothies.
- Try applying **castor oil packs** for 4 consecutive days each week for 6 weeks
  - This should help support detoxification in the liver & reduce inflammation/constipation in the gut - <https://shop.gapsaustralia.com.au/castor-oil-pack-discount-bundle/>

### REDUCE RT3 & SUPPORT HEALTHY HPA/HPT AXIS':

- **Epsom salt baths** weekly for nervous system support & to saturate muscles with magnesium to improve bowel movements
  - At least 4 cups per bath & soak for 20-30mins each week (can be done as foot bath too if necessary)
- Continue your daily meditation/breathing practices to reconnect to your body & reduce any stress impacts on your gut health – **you may enjoy binaural beats for concentration & sleep needs**
- Vagal nerve stimulation to support gut motility
  - 5 minutes a day of humming, singing, gargling,

### ENDOCRINE HEALTH:

- Complete a cosmetic/home detox to reduce harmful chemicals (especially SLES) that can affect our endocrine system most significantly, the function of the thyroid.
- 20-30 minutes of direct sunlight daily with as much skin exposed as possible
  - This will support mood, circadian rhythm & vitamin D synthesis

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## PRESCRIPTION/DOSAGE

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Please see more detailed table on prescription document:

### Standard Protocol for HPA/HPT axis:

- **\*FINISH OFF\*** MagTaur XCell – energy production & nutritional co-factors for liver detoxification processes - 1 x scoop in water each morning with food
- **Opti-Activ D** – 1 x tablet every 2 days.
- **Adrenal/Thyroid Health Herbal Tonic** – 500mls – 5-7.5mls diluted in water twice daily - Nigella, Withania, Magnolia, Cordyceps, Vitex, Poke root
- **Mito X-cell – replacement for Mag-Taur X-cell when finished** - formulated with greater focus on endocrine/thyroid function rather than liver detoxification. Still supports energy, stress & mood.

### 6-12 week Anti-microbial Protocol – \*LAST ROUND BEFORE BREAK\*

**Step 1:** 15 mins before food - Lysis – breakdown biofilm & support digestion before breakfast & lunch

- Biocueticals MultiGest Enzymes – 1 capsule with each meal – digestion support
- RN Labs NAC powder – 1 scoop (00mg roughly) in water 2 x day – biofilm breakdown & liver anti-oxidant support

**Step 2:** 15- 60 minutes after step 1 - Anti-microbials on 2 week rotation at breakfast & lunch

***Rotation 1 (week 1-2):***

- Biomedica Allimax – 2 x capsules 2 x day (start with 1 capsule 2 x day & build to 2 capsules) – targets methane producers & candida
- Antimicrobial Herbal Tonic 1 (targeting candida & hydrogen producers) - Barberry, Oregon grape, Coptis, Green tea, Pau d'arco, Ginger

***Rotation 2 (week 3-4):***

- Designs for Health Berb-evail - 2 x capsules 2 x day
- Anti-microbial Herbal Tonic 2 (targeting candida, methane & hydrogen producers) - Clove, Baical skullcap, Horopito, Isatis

Increase your dose slowly as directed below. Stay on each dose for a minimum 3 days before increasing. Only increase if die-off symptoms are minimal/manageable & not severe:

- Start with 20 drops diluted in 15mls water twice daily
- 2.5mls diluted in 15mls water twice daily
- 5mls diluted in 15mls water twice daily
- 7.5mls diluted in 15mls water twice daily

**Repeat Step 1 & 2 at breakfast & lunch then move to step 3 & 4.**

**Step 3:** 2-6 hours after step 2 - Clean up – minimise die off symptoms – keep your water intake high

- Foxicum Toxaprevent Medi Pure – 2-3 capsules/day
- **If die off is extreme add: Activated charcoal** – 1 tsp in water
- 1-3 cups Green Tea/Ginger/Chamomile Tea throughout the afternoon/night

**Step 4:** Repopulate & soothe – before bed

- Rotate: Spectrum Pro 4-50 (populations are low in your gut) - 1 capsule at night before bed
- Rotate: Spectrum Bifido Complex (populations are low in your gut) – 1 capsule at night before bed – rotate between these two probiotics as you finish one, purchase the other.
- **\* FINISH OFF\*** Mutaflor – (populations are low in your gut) - 1 capsule at night before bed

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## INVESTIGATIONS & REFERRALS

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- Please complete **7-day diet & symptom diary** (attached) to track progress with new foods (take pictures of meals to fill in properly each night).
- Please re-do the **GSRS PROM** attached
- Blood tests to follow up on with doctor – **Iron studies, Active B12 & folate** – I can order these for you if you can't get them with your doctor

- Discuss best practice for **coming off melatonin & increasing your NDT** by 0.25 or 0.5 grains with your doctor (optimal T4 levels – 15 & T3 – 5)

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## LEARN MORE (RESOURCES & LINKS)

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- Chemical free-living links to check out (personally I love Kin Kin & Abode products):
  - <https://www.buildingbiology.com.au/hazards/is-your-house-making-you-sick.html>
  - <https://www.nourishedlife.com.au/article/5186390/guide-having-toxin-free-home.html>
- GoodFish App – sustainable fish guide
- Recipe for bone broth - <https://helenpadarin.com/healthy-recipes/beautiful-bone-broth/> or purchase a paste from local health food store & use 1 tsp each cup. GevityRx is a good brand  
<https://au.gevityrx.com/products/natural-bone-broth-body-glue>
- Water filter brands:
  - Short term: water jug - <https://www.waterscoaustralia.com.au/collections/filter-jug>
  - Long term:
    - <https://www.waterscoaustralia.com.au/collections/benchtop-water-filter>
    - [https://zazenalkalinewater.com.au/products/zazen-alkaline-water-system?gclid=Cj0KCQIApL2QBhC8ARIsAGMm-KHzRgt8Zoqx3KWoAzBHWQy8ne5XhAoBm2DAvAonJ-ruQxTeuKRfTmIaAuC-EALw\\_wcB](https://zazenalkalinewater.com.au/products/zazen-alkaline-water-system?gclid=Cj0KCQIApL2QBhC8ARIsAGMm-KHzRgt8Zoqx3KWoAzBHWQy8ne5XhAoBm2DAvAonJ-ruQxTeuKRfTmIaAuC-EALw_wcB)

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## NEXT STEPS/CHECK-IN

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- **Standard consult to discuss progression after anti-microbials (16<sup>th</sup> or 23<sup>rd</sup> of July)** - Once finished the next 2 rotations of anti-microbials

Any questions/concerns just email me at [aim.naturalhealthcare@gmail.com](mailto:aim.naturalhealthcare@gmail.com)