



NATUROPATHIC TREATMENT PROTOCOL

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

Date: 22/10/22

Practitioner: Amy Phillips

OBJECTIVES/AIMS

~~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. – improving/needs retest

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

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

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) - continuing

~~Stimulate hunger signal to improve motility~~

Increase intestinal motility & bulk up stool with fibre

Reduce intestinal inflammation after Covid infection

Optimise iodine levels for T4/T3 production & conversion & hair loss – reported Dec 2022

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** – focus now

Support coming off melatonin naturally to improve sleep onset & quality – focus now

Investigate reproductive hormones & optimise menstrual cycle irregularity – focus now

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

DIETARY INTERVENTIONS

- **Start adding in more foods with less restriction keeping in mind foods high in histamine**
 - Continue adding in new foods (one at a time) with less restriction, gradual variety is key!
 - Nutty Bruce milk brand for any milk
 - Soak in water for 12 hours then cook organic white basmati rice in bone broth/stock
 - Cool white potato & rice in fridge to increase resistant starch fibres (feeding microbiome)
 - Experiment with herbs & spices high in essential oils – garlic, ginger, thyme, oregano etc
 - Try some recipes from here: [SIBO-SOS-COOKBOOK-7.19.pdf \(digestionsos.com\)](https://digestionsos.com/SIBO-SOS-COOKBOOK-7.19.pdf)
- **Add seaweed every day in the form of dulse flakes, nori sheets or kelp noodles to increase iodine levels**
- **Add some bitter greens to your meals - watercress, collards, chicory, endive & rocket**
- **Bulk stool with some gentle fibre ie. Slippery elm (1 tsp/day), chia. Harsher fibre psyllium husk (1 tsp & work up to 1 tbsp if tolerated)**
- **Increase water, beef bone broth & green/chamomile/ginger tea consumption – combined at least 2.5-3L per day**

LIFESTYLE INTERVENTIONS

GUT HEALTH:

- Consider/research into gall bladder flushes & enemas with Helen Padarin – info below
- **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 minutes of direct sunlight daily** with as much skin exposed as possible
 - This will support mood, circadian rhythm & vitamin D synthesis

PRESCRIPTION/DOSAGE

Please prescription document for dosages:

Standard Protocol for Gut healing/nervous system & energy axis:

- Herbal Bitters
- Orthoplex MitoPro
- RN Labs NAC powder
- 500ml Adrenal/Nervous System Herbal Tonic
- Orthoplex GUT-R
- Rejuvasleep Forte N
- GutBiome Advanced Synbiotic Powder
- PeptiPro Collagen

INVESTIGATIONS & REFERRALS

- Please re-do the **GSRS PROM** attached
- Retest thyroid hormones, antibodies & RT3 in February

LEARN MORE (RESOURCES & LINKS)

- Gall Bladder/Thyroid connection <https://helenpadarin.com/health/the-thyroid-gallbladder-connection/>
- Gallbladder flush info attached - <https://padarinhealth.teachable.com/p/gbf>
- Enema info: <file:///C:/Users/Amy/Downloads/Coffee%20Enemas%20instructions.pdf>
- 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

NEXT STEPS/CHECK-IN

- Any questions/concerns just email me at aim.naturalhealthcare@gmail.com