



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Penny Wood

Practitioner: Amy Phillips

OBJECTIVES/AIMS

- Increase intestinal motility to achieve a daily bowel motion with no straining
- Investigate & improve thyroid nutrient co-factors for T4/T3 production & conversion
- Enhance liver function & detoxification processes to prepare for anti-microbial phase
- Improve upper digestive processes to reduce occurrence of bloating/digestive discomfort
- Restore gut mucosal lining to reduce risk of leaky gut – preparing for phase two.
- Modulate stress response & improve cortisol levels – maintenance
- Stimulate hunger signal to improve motility

DIETARY INTERVENTIONS

- **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.
- **Follow SIBO Phase 1 Restricted Diet (blue column) handout for the next 3-4 weeks**
 - Reasoning: this will eliminate the foods that are feeding the overgrowth in your small intestine, therefore reducing fermentation & minimising uncomfortable symptoms before we begin the anti-microbial phase.
 - Avoid all gluten & dairy as you have been – including oats.
- **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 for the next 3-4 weeks – soups, broths, stews, steamed 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.
- **Eliminate consumption of industrial seed oils such as rapeseed, grapeseed, vegetable oils**
 - These oils are highly processed & can be inflammatory (carcinogenic) especially when heated to high temperatures
 - Anti-inflammatory: Pumpkin, hemp, flaxseed oils are all great to have cold in smoothies or salads
 - Cook with olive, coconut, ghee or lard due to their higher smoking points.
- **Increase water, beef bone broth & green/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.

LIFESTYLE INTERVENTIONS

- Continue your daily meditation/breathing practices to reconnect to your body & reduce any stress impacts on your gut health.
- Vagal nerve stimulation to support gut motility
 - 5 minutes a day of humming, singing, gargling,
- 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
- Continue your movement routine as that will also help keep your bowels moving.
- Eating mindfully – slowly & chewing each mouthful 20 times is really important to improve digestion. You should also be chewing your smoothies.

PRESCRIPTION/DOSAGE

Please see more detailed table on prescription document:

- SB 500 – Helps to maintain gastrointestinal mucosa immunity/health (increase IgA levels) & support beneficial intestinal flora

Dose: 2 x capsules daily – 1 x AM & 1 x PM

- MagTaur XCell – energy production & nutritional co-factors for liver detoxification processes

Dose: 1 x scoop in water each morning with food

- 200ml Digestive/Liver Tonic: Globe artichoke – 30, Dandelion root – 40, Chamomile – 40, St Marys – 80, Gentian – 10, Ginger – 10

**Dose: 2.5-5mls diluted in water 15 minutes before each main meal (3 times a day)
Start at 2.5mls for a few days & build to 5 mls if well-tolerated**

INVESTIGATIONS & REFERRALS

- Thyroid nutrient co-factors – most important
 - Referral attached for urinary iodine (\$65), plasma zinc (\$37), vitamin D (\$45), selenium RBC (\$50)
- Thyroid Graves markers – when possible
 - Referral attached for RT3 (\$96), TrAb (\$41.50), TSI (couldn't find price)
- PROMS – GSRS – fill out & upload onto your client portal – more objective measurement to see improvements in your gut health

LEARN MORE (RESOURCES & LINKS)

- SIBO Bi-Phasic Diet Handout -
https://app.box.com/s/baptxbdq6hlc8638xht34121npcrz0fh?s=0bmuh4xnm13ccnx2dit&utm_source=drip&utm_medium=email&utm_campaign=Workflow+-+Bi-Phasic+Diet+v+2.1&utm_content=%5BDOWNLOAD%5D+Your+SIBO+Bi-Phasic+Diet
- 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-KHzRgt8Zoqx3KWoAzBHW0y8ne5XhAoBm2DAvAonJ-ruQxTeuKRfTmIaAuC-EALw_wcB

NEXT STEPS/CHECK-IN

- Get blood tests done before next session if you are financially able to – costs are above – the referrals should be accepted at most pathology labs.
- Part Two - Action Plan Consultation in 3 weeks (12th March) for plan for following 3 months (anti-microbial phase)