



# NATUROPATHIC TREATMENT PROTOCOL

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

Date: 22/10/22

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 – continuing

~~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~~

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. – focus now

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 – upcoming

Investigate reproductive hormones & optimise menstrual cycle irregularity - upcoming

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

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## DIETARY INTERVENTIONS

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- **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)
- **Aim to consume wild caught fish at least 2-3 times a week for anti-inflammatory benefit**
- **Increase water, beef bone broth & green/chamomile/ginger tea consumption – combined at least 2.5-3L per day**

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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 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 Gut healing/HPA/HPT axis:

- **Mediherb LivTon Complex** - 1 x tablet before or with each meal
- **Orthoplex Mag-Taur X-cell** – 1 x scoop in water each morning
- **RN Labs NAC powder** – 1 x scoop (700mg) daily in water with Mag Taur (2-3 x scoops daily 3 days before & 7 days after vaccine)
- **500ml Adrenal/Thyroid Herbal Tonic** – 7.5-10mls diluted in water twice daily - Nigella, Withania, Magnolia, **Bacopa**, Vitex, **Ginger** (changes are highlighted)
- **Orthoplex GIT Immunobiotic** – ½ tsp AM & PM increase by ½ tsp every 7 days until 1.5 tsp dose is reached twice daily
- **GutBiome Advanced Synbiotic Powder** – ½ scoop in water with Immunobiotic (increase by ½ scoop every 7 days until a 2 scoops dose is reached)
- **GelPro Organic Beef Liver Capsules** – 2 x capsules daily with food on days where no red meat is consumed
- **Bioclinic Naturals OptiActiv D** – 1 x tablet 3 days a week with food if possible.

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## INVESTIGATIONS & REFERRALS

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- Please re-do the **GSRS PROM** attached
- Investigate hormone levels & ovarian ultrasound if cycle has not adjusted by October
- Retest thyroid hormones, antibodies & RT3 in October
- Book consultation with Tara Nelson for expert support in thyroid/adrenal complexities occurring here with the medication <https://www.taranelson.com.au/>

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## LEARN MORE (RESOURCES & LINKS)

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- **Low-tox handout attached**
- 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-KHzRgt8Zoqx3KWoAzBHWoy8ne5XhAoBm2DAvAonJ-ruQxTeuKRFtmIaAuC-EALw\\_wcB](https://zazenalkalinewater.com.au/products/zazen-alkaline-water-system?gclid=Cj0KCQiApL2QBhC8ARIsAGMm-KHzRgt8Zoqx3KWoAzBHWoy8ne5XhAoBm2DAvAonJ-ruQxTeuKRFtmIaAuC-EALw_wcB)

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## **NEXT STEPS/CHECK-IN**

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