



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Sofia Vargas

Practitioner: Amy Phillips

Date: 28/01/2023

OBJECTIVES

- Reduce incidence of epileptic seizures in conjunction with medical support
- Reduce sympathetic nervous system activation
- Improve sleep quality
- Reduce drowsiness upon waking
- Implement dietary/lifestyle changes to support healthy nervous system & gut health.
- Regulate bowel motions to improve consistency

DIETARY INTERVENTIONS

- Eliminate all caffeinated beverages (coke, decaf coffee, black tea etc)
- **Reduce gluten** in the diet (wheat products such as bread/pasta cakes/biscuits etc)
- Consume **oats** – rolled & organic (porridge) where possible – great for the nervous system & energy levels throughout the day.
- Try **hot chocolate** recipe with slippery elm – if she doesn't like it, add slippery elm to Nesquik or porridge.
- Increase dietary sources of **magnesium** – www.aimnaturalhealthcare.com.au/blog/are-you-getting-enough-magnesium
- Increase **omega 3 fatty acid** consumption in diet
 - Chia seed puddings (google recipes)
 - 2 x fish a week (fatty fish - salmon/sardines) wild caught where possible
 - Avocado
 - Olive oil (raw/cold)

LIFESTYLE INTERVENTIONS

SLEEP

- Add a few drops of Lavender Essential oil to pillowcase or Pj's each night before reading
- Remove toys from shelves before bed so not scaring her before sleep
- Move Alexa (echo) to desk not bedside
- Start reading in bed at 8pm if possible – moving bedtime 30 mins earlier
- Try a meditation app (progressive muscle relaxation or yoga nidra might be great for her) after reading – do it together if you like

PRESCRIPTION/DOSAGE

See prescription document for table

- 100ml Herbal Tonic
- Diasporal (magnesium) sachets
- Slippery Elm Powder

INVESTIGATIONS & REFERRALS

- Digging deeper if needed in a month - Full bloods to check general health particularly interested in zinc & iron levels as well as stool PCR (tests for parasites, viruses etc)

LEARN MORE (RESOURCES & LINKS)

- [Meditation Apps handout](#)
- Hot chocolate Recipe - The key gut healers here are collagen + slippery elm. Collagen provides the amino acid building blocks to help rebuild & repair the cells of the gut lining, ligaments, skin & nails while slippery elm is a herbal mucilage which coats & seals the gut lining providing an anti-inflammatory action while also serving as a pre-biotic fibre to feed the billions of microbes in your gut.

Ingredients (makes 2 small cups):

- 1 cup filtered water
- 1/2 cup organic coconut cream
- 1 tbsp collagen powder - gelproaustralia have a great collagen powder
- 1 tbsp organic cacao powder
- 2 tsp slippery elm powder - you can find this at a local organic health food store
- 2 scoops stevia (scoop provided) for a sugar-free version or 2 tsp honey
- 1/4 tsp cinnamon powder

Method:

- 1. Place all ingredients in a blender & blend on high speed for 30-60 seconds (this is a must as the slippery elm will become gluggy otherwise)

- 2. Place in saucepan and heat on medium just until it's about to simmer then remove from heat.

If using a thermomix - I blended on speed 5 & heated to 90 degrees for 3 minutes.

- 3. Pour into cups & share/enjoy with your loved ones!

Note: the slippery elm does give it a thick & somewhat slimy texture but that's the exact effect you want it to have on your gut!

NEXT STEPS/CHECK-IN

- 15 min check-in phone call in 2 weeks 11th Feb 9.30am (\$35)
- February 25th at 9am for a standard 45 minute follow up appointment (\$90)