



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Tracey Kirke

Practitioner: Amy Phillips

Date: 09/09/23

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## OBJECTIVES

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- Support post-partum healing & recovery – c-section birth – 21/07
- Maintain nutrient-dense food consumption to support breastfeeding long-term
- Improve & maintain energy levels throughout the day
- Improve sleep onset through sleep hygiene practices & supplement support
- Manage stress levels on the body & mind
- Increase thyroid hormone production & conversion Sep '23 bloods - T4 -11.8 & T3 3.8
- Investigate thyroid antibodies to rule out Hashimotos
- Prevent reoccurrence of mastitis through immune & lymphatic support

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## DIETARY INTERVENTIONS

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- High protein (grass-fed) & healthy fats in every meal & snack
- Gluten-free (especially if there is autoimmunity present) complex carbs such as sweet potato, quinoa, buckwheat, lentils, beans are also important especially at dinner
- Breakfast: Add 1-2 x egg yolks into your smoothie & alternate with a 3-egg scramble or omelette with lots of veggies
- Snack ideas: Veggie sticks with Pate (from grass fed animals only), almond butter, peanut butter or home-made Hummus (Pippel brand is ok from Woolworths), Date & nut bliss balls (energy dense & quick)
- Bone broths (grass-fed) – 2 x cups a day with a meal – high in collagen, gelatin for repair & recovery

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## LIFESTYLE INTERVENTIONS

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- Sleep hygiene (handout attached)

- Continue to drink 3L plus of water each day – add a small pinch of unrefined salt (Himalayan or celtic) to mineralise your water & hydrate your cells more efficiently

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## **PRESCRIPTION/DOSAGE**

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See prescription document for table

Herbal Tonic (to add once we have thyroid antibodies back)

Give back Health MagRelax

Mediherb Silymarin

Foraged for you Mothers Blend

Metagenics Mother & Baby Probiotic

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## **INVESTIGATIONS & REFERRALS**

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- See an osteopath for postural support & alignment while in this phase
- Try a magnesium float tank (City Cave Crows Nest are great)
- Blood test referral sent via email

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## **LEARN MORE (RESOURCES & LINKS)**

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- Great recipe websites – for you & bub:
  - [Boob to Food](#)
  - [Sheridan Joy Austin](#)
  - [The Natural Nutritionist](#)
  - [Star Anise Wholefoods](#)

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

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- Get blood test referral done & we will book your follow up once results are back