



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Ella Nielson DOB: 21/10/1988

Practitioner: Amy Phillips

Date: 23/05/22

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## OBJECTIVES

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Investigate gut microbiome dysbiosis/infection & food sensitivities to reduce immune system activation & degradation of thyroid tissue

- Results found in GI MAP June 22'
  - o Low Levels of beneficial bacteria *clostridia class, Enterobacter spp, & Faecalibacterium prausnitzii*
  - o High levels of opportunistic bacteria (overgrowths), *Bacillus spp, Enterococcus faecalis, Enterococcus faecium, Morganella spp., Pseudomonas spp., Pseudomonas aeruginosa, & Streptococcus spp.*
  - o Parasites present but within normal ranges *Giardia, Dientamoeba fragilis & Endolimax nana*
  - o Low Secretory IgA (210) want to increase to over 550
  - o Elevated calprotectin (620) reduce to below 173

Support optimal thyroid function & by modulating autoimmunity & improving T4 & T3 output (reduce thyroid antibodies TPOAb)

Optimise adrenal function to reduce sympathetic (flight or fight) nervous system response (reduce cortisol levels)

Improve sleep quality & minimise restlessness

Optimise nutrient consumption, digestion & absorption (particularly low iron & folate, B12 & vitamin D)

Rebalance electrolytes to reduce muscle cramping

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## DIETARY INTERVENTIONS

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DIGESTION:

- Where possible, eat slowly & in a calm environment, chew your food thoroughly (at least 20 times per mouthful)

#### INFLAMMATION/IMMUNE/THYROID:

- **Follow anti-inflammatory dietary handout (attached)**
  - These websites will be helpful for recipe ideas:
    - <https://thenaturalnutritionist.com.au/recipes/>
    - <https://www.sheridanjoy.com/recipes>
    - <https://helenpadarin.com/category/healthy-recipes/>
    - <https://autoimmunewellness.com/recipes/>
- Opt for gluten-free & sugar-free products that contain rice/buckwheat/quinoa/almond meal/arrowroot (tapioca) etc. check ingredients on anything packaged!
- Slowly minimise dairy intake ie. Chocolate, yoghurt, milk, ice-cream, cheeses
- Avoid caffeinated soft drink before bed, mineral water is a better option for now
- Consume at least 2 litres of water daily (including herbal teas not black teas as they will dehydrate you)
- Variety is key! Try and experiment with different vegetables & fruits to increase the fibres your microbiome can feed on.

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## LIFESTYLE INTERVENTIONS

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#### STRESS RELIEF/RELEASE

Doing:

- Gym cardio/class (movement)
- Setting healthy boundaries (see handout attached)

Being:

- Try progressive muscle relaxation every night before bed as part of your bedtime routine  
<https://www.youtube.com/watch?v=1nZEdqcGVzo>
- Setting healthy boundaries with family & friends (handout attached)
- Yin-yoga YouTube example to try <https://www.youtube.com/watch?v=mzf2kFNf8Yw>
- Prioritise meditation & deep breathing either throughout your day or each night before bed  
– I suggest 1Giant Mind, insight timer, smiling mind, or Down Dog (meditation version)

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## PRESCRIPTION/DOSAGE

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See prescription document for table

### STANDARD PROTOCOL FOR NEXT MONTH

- **FINISH OFF Orthoplex AlkaMin Calm & SWITCH TO Orthoplex MagTaur XCell**– 1 x scoop in water each morning
- **Orthoplex Gut Rx** – 1 x scoop in water with MagTaur – 1 month only
- **Orthoplex Resveratrol** – 1 x capsule daily – 1 month only
- **Orthoplex Clinical Lipids 2:1** – 2 x capsules daily – continue
- **Foraged for You Powder** – 2 x tsps. at morning tea/lunch shaken in jar with water
- **Biomedica BioHeme** – 1 x capsule every second night – **pause for now**
- **500ml Stress/Immune/Thyroid Herbal Tonic** – Rehmannia 100, Bacopa 75, Withania 125, Siberian Ginseng 125, Nigella (G) 75.  
Dose: 7.5mls diluted in water twice daily increase to 10mls twice daily if well-tolerated.

### ANTIMICROBIAL PROTOCOL (START END AUGUST)

- **Step 1 (breakfast & lunch): Enzyme Defense Pro** – 1 x capsule
- **Step 2 (Breakfast & lunch 15-60 mins after step 1): Pathoclear OR SIBOGuard** – alternate months (1 month on each) - 2 x capsules twice daily
- **Step 3 Clear & Bind (4-6 hours after lunchtime dose)** – 1 tbsp Fossil shell powder in green or peppermint tea & 1 tsp activated charcoal (if feeling overly symptomatic)
- **Step 4 Replenish (before bed) - Designs for Health ProBioMed50 & Bioceuticals SB Floractiv 500** – 1 x capsule of each

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## INVESTIGATIONS & REFERRALS

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- Look into support you can receive from counsellor under the schools insurance to help manage stress/boundaries/emotions
- See doctor to discuss colonoscopy based on faecal calprotectin results
- Retest after antimicrobial protocol (October 2022) - faecal calprotectin, iron studies, selenium, urinary iodine, plasma zinc, vitamin D, Folate, Active B12, ELFT, complete thyroid profile with abs
- Additional if needed: Diurnal cortisol (x4) & Coeliac gene

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## LEARN MORE (RESOURCES & LINKS)

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- Period Repair Manual – Lara Biden - [Period Repair Manual Natural Treatment for Better Hormones and Better Periods by Lara Briden ND.pdf](#)
- **When the Body Says No – Gabor Mate-** [https://www.booktopia.com.au/when-the-body-says-no-gabor-mate/book/9781925849646.html?dsa=s1-east&gclid=Cj0KCQjwuO6WBhDLARIsAIdeyDKZf9TkUH2xlbYmVXLsjsNZJm9kM67Rtrf1NPw3bi0dmRsPKzg3likaAoNZEALw\\_wcB](https://www.booktopia.com.au/when-the-body-says-no-gabor-mate/book/9781925849646.html?dsa=s1-east&gclid=Cj0KCQjwuO6WBhDLARIsAIdeyDKZf9TkUH2xlbYmVXLsjsNZJm9kM67Rtrf1NPw3bi0dmRsPKzg3likaAoNZEALw_wcB)
- Boundaries Handout (attached)

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## NEXT STEPS/CHECK-IN

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- Check-in call (15 mins - \$35) on 13<sup>th</sup> August to go over any questions with treatment/upcoming anti-microbial protocol.