



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Jenny Phillips

Practitioner: Amy Phillips

Date: 10/07/22

OBJECTIVES

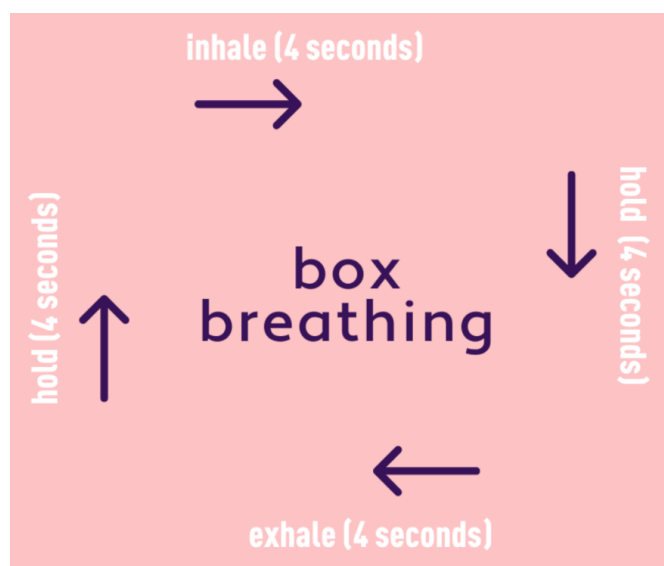
- Improve iron levels (low ferritin & serum iron) due to inadequate intake
- Optimise cholesterol ratios, reducing LDL & increasing HDL levels
- Improve liver detoxification pathways & bile production/flow to improve fat metabolism
- Reduce size of lipoma
- Investigate intestinal dysbiosis or parasitic infection if iron levels do not improve in 3 mths
- Support upper digestive processes to increase digestive enzymes
- Manage stress levels (awaiting cortisol results)

DIETARY INTERVENTIONS

- Increase consumption of food sources of iron (see attached handout) at least once every second day (pate, kangaroo, beef or lamb etc)
- Consume a minimum of 3 meals a day to maintain healthy metabolism
- Ensure adequate healthy fats are eaten each day (wild caught fish, cold olive oil, avocado, nuts & seeds etc).
- Consume a wide range of fruit & vegetables (variety supports microbiome health) – each week at the supermarket try a new fruit or vegetable that you haven't had before. Lots of dark green leafies.

LIFESTYLE INTERVENTIONS

- Undertake a strength exercise program to support lymphatic clearance, fat metabolism & bone health
- Practice **daily** deep breathing (box breathing) for 3 minutes each time especially when waking up during sleep (follow diagram below)



PRESCRIPTION/DOSAGE

See prescription document for table

- BioMedica BioHeme - 1 x capsule every second day
- BioClinic DetoxClear (**alternate with RN Labs Lipotropex for next 4 mths**) – 1 serve (1 ½ tbsp) in water with MagForte

ALTERNATE AFTER DETOXCLEAR: RN Labs Lipotropex – 1 scoop in water twice daily

- RN Labs Mag Forte – 1 scoop in water with DetoxClear or Lipotropex
- 100ml Herbal Bitters for fat metabolism & digestion

Fennel 20, Cinnamon 20, Fringe Tree 30, Gentian 30, Ginger 5

Dose: 20 drops in 100mls water 10 minutes before each main meal – swish before you swallow

- 500ml Tonic for nervous system, cognition & anti-oxidant support

Globe Artichoke 100, Rosemary 75, Gingko 125, Rehmannia 100, Magnolia 125.

Dose: 7.5mls twice daily diluted in water

- Continue Zinc Citrate P5P – 1 capsule daily with food & away from iron tablet
- Continue Bioceuticals D3 & K2 Spray – Take 2 sprays with food each day during winter
- Continue EPA/DHA Fish Oil capsules – 2 x capsules twice daily

INVESTIGATIONS & REFERRALS

- Next blood test in 4 mths - PCR stool test, plasma zinc, urinary iodine, RBC selenium, iron studies, lipid studies

LEARN MORE (RESOURCES & LINKS)

- Iron handout