



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Sophie Guenanain DOB: 21/10/1981

Date: 18/11/23

Practitioner: Amy Makejev

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## OBJECTIVES/AIMS

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Modulate large intestinal dysbiosis & chronic SIBO to reduce bloating

Upregulate upper digestive processes to reduce occurrence of bloating/digestive discomfort – improving/continuing

Increase intestinal motility & bulk up stool with fibre & prokinetics

Modulate stress response & improve cortisol levels through somatic therapy

Investigate reproductive hormones (progesterone deficiency?) & optimise ovulation

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## DIETARY INTERVENTIONS

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- **MB Plan – Phase 3**
- **Start adding in more foods with less restriction keeping in mind foods high in histamine**
  - Try some recipes from here: [SIBO-SOS-COOKBOOK-7.19.pdf \(digestionsos.com\)](https://digestionsos.com/SIBO-SOS-COOKBOOK-7.19.pdf)
- Add some **bitter greens to your meals** - watercress, collards, chicory, endive & rocket
- Bulk stool with some gentle fibre ie. GIT Immunobiotic
- Increase filtered 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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### CONSTIPATION:

- **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/>
- **Epsom salt baths** with massage 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)
- 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,

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## PRESCRIPTION/DOSAGE

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Please prescription document for dosages:

Anti-microbial Protocol – SIBO

Anxioton

OptiActiv D

Mag taur

5 HTP

GIT Immunobiotic

Ginger & Gentian Drops – 10 drops onto the tongue before meals

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## INVESTIGATIONS & REFERRALS

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## LEARN MORE (RESOURCES & LINKS)

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- Somatic therapy books to learn how to process emotional blockages, choose 2 to start with (highlighted are the ones I own & can lend you)
  - The Body Keeps the score
  - When the Body says no
  - Waking the Tiger: Healing Trauma
  - Becoming Whole
  - You Can Heal Your Life
- 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-KHzRgt8Zoqx3KWoAzBHWQy8ne5XhAoBm2DAvAonJ-ruQxTeuKRfTmIaAuC-EALw\\_wcB](https://zazenalkalinewater.com.au/products/zazen-alkaline-water-system?gclid=Cj0KCQiApL2QBhC8ARIsAGMm-KHzRgt8Zoqx3KWoAzBHWQy8ne5XhAoBm2DAvAonJ-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)