



NATUROPATHIC TREATMENT PROTOCOL

Patient name: William Fearnley

Practitioner: Amy Phillips

Date: 15/11/23

OBJECTIVES

- Provide symptomatic support to relieve allergic rhinitis (persistent cough & sniffing, drowsiness)
- Minimise reliance on Nasonex
- Modulate immune system response to identified allergens (dust mites, grasses, feathers & mould)
- Reduce toxin load by using low-tox products in the home & on the body
- Investigate microbiome dysbiosis to improve immune system health & sleep
 - o Parasites Blastocystis Hominis & Dientamoeba fragilis detected in CDSA Nov 23
 - o Klebsiella slightly high CDSA Nov 23
 - o Low diversity of beneficial strains of Bifidobacterium bifidum, Bifidobacterium breve, Lactobacillus plantarum, Lactobacillus casei & Lactobacillus acidophilus

DIETARY INTERVENTIONS

- Minimising refined, white carbohydrates such as rice, potatoes, flour products and sugary foods reduces the amount of Klebsiella in the gut
- Eliminate inflammatory dietary foods - gluten & dairy
- Gluten replacements: GF weetbix, buckwheat, flaxseeds, nuts & seeds, chia, cassava flour, coconut & almond meal, porridge
- Dairy replacements: goat & sheep yoghurts/milks, coconut, almond & oat milk varieties
- Calcium sources: Tahnini (hummus), almonds, sardines

LIFESTYLE INTERVENTIONS

SLEEP:

- We want to try & modulate Will's sleep onset & waking times, if possible can you do a meditation or yoga video with him before bedtime? This will help his nervous system wind down for the day

- If you have him reading in bed purchase him a orange booklight from here to help reduce blue light exposure which blocks melatonin production needed to induce sleep:
<https://www.blockbluelight.com.au/products/blue-light-blocking-book-light>

ALLERGIES

- Cover pillows & mattresses in dust mite covers:
https://www.allergend.com.au/?gclid=CjwKCAjwIJimBhAsEiwA1hrp5v72fkVKT3VIYetqE6pjJEbSgO-bcqgyS2g0x7qvFTaOsNaGpToB4hoChC8QAyD_BwE
- Consider dehumidifier to reduce humidity levels during wet season to minimise mould
https://ausclimate.com.au/collections/dehumidifiers?gclid=CjwKCAjwIJimBhAsEiwA1hrp5kRDcSE9FgcqQCzB9MzDHctIXHVnlGbzoqD4iy1Kw7TkrTMHOeZpyBoCX8AQAvD_BwE

PRESCRIPTION/DOSAGE

See prescription document for table

- ENT Immune Care for kids – start at 2 x scoops a day and reduce to 1 x scoop a day once colds & allergy symptoms have reduced.
- Parasite Herbal Tonic
- ProBio Med 50 – ½ x capsule at night (can sprinkle in smoothie or yoghurt/water)
- Microbiome prebiotic
- Love your guts powder

INVESTIGATIONS & REFERRALS

- Bloods – Sent via email – FBC, vit D, Total IgE, plasma zinc, Iron studies,

LEARN MORE (RESOURCES & LINKS)

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NEXT STEPS/CHECK-IN

- Follow up in 3 mths when parasite protocol is finished. Email me whenever you need.