

INITIAL CONSULTATION REVIEW AND TREATMENT PLAN

WITH COMPREHENSIVE GUIDE

13 May 2023

Dear **Jazzmine**

DOB: 02/11/2023

Thank you for choosing Cindy Biccard Naturopathic Medicine to assist you with your health journey. I am delighted to be afforded the opportunity of working along with you in optimising your health, as you are always the driver behind your own health and vitality.

It is the role of a naturopath to guide patients through foundations principles to ensure that you are on board with the health initiatives and to take charge of your own health through education and informed decisions.

- ✍ **First, do no harm** revolves around treatment strategies – the aim is to stimulate the body in order for it to regulate itself in returning to good health. This may include herbal medicine, dietary changes, nutritional supplements, and lifestyle interventions.
- ✍ **Identifying and treating the cause** differentiates our holistic approach to health from a conventional approach. Although some symptoms may be alleviated through therapeutic strategies – it is the goal to identify the underlying causative factors and establish a treatment plan accordingly for the body to regulate itself.
- ✍ **Treat the whole person** encompasses the mechanisms of how our mind, body and spirit interacts in maintaining good health or how it creates disease. By focussing on our entire being – an overall increase in vitality may be achieved.
- ✍ **Understanding the healing power of nature ...** by understanding our place in Creation and the synergistic ecological role each one of us play in it, we can embrace nature, it's produce and the healing we may derive from it.
- ✍ **Exercise, movement, and lifestyle** as ways to prevent disease or to down-regulate inflammation and living life as optimally as we possibly can.
- ✍ **The physician as teacher** places a responsibility on a naturopath to educate patients with good health initiatives combined with research and evidence-based science in order for patients to become independent experts on their own health.

CURRENT HEALTH PROFILE

Following your comprehensive assessment to determine your health priorities, the following areas were identified as concerns that need to be addressed:

Priorities:

1. Improving skin condition – eczema
2. Improve integrity of the Gastrointestinal System and Microbiome

Patient's treatment requirements:

1. Eczema alleviation

This consultation was initiated to improve Jazzmine's (age 10) skin condition of manifesting eczema – both topically and internally through restoring GIT integrity. There is a strong scientific correlation between the GALT (Gastric and Lymphoid Tissue) and dermatological expression. The immune system may be affected by various factors, for which the gastrointestinal system is one. What we eat and how we take care of our intestines are optimal for restoring integrity.

As discussed, her current diet does contain a fair bit of refined carbohydrates and sugary eats that may not be beneficial for her, especially now that is developing and maturing and needs a whole lot more nutrient dense foods to sustain her. Dietary intervention strategies have been recommended from Page 5, with recipes included 😊.

Another driver of lowered immune and eczema may be stress. Even though Jazzmine may not seem to be stress overtly (from my short period of time with her) – she may experience underlying stressors that may need to be addressed. This does not have to include professional services, but rather connecting with nature, having creative expressions and a good supportive family structure (which it seems she is fortunate to have ❤️). I have included some additional ideas on Page 4 that may be helpful. When stress (even underlying) increases – cortisol elevates, and it suppresses the immune system where it can have a direct impact on our gut health.

TREATMENT AIMS AND STRATEGIES

Short term treatment aims:

- ♥ Restore the mucosal layer of the gastrointestinal tract that lines the stomach and intestinal walls for interaction with the immune system.
- ♥ Support the healthy motility and regularity of evacuation of stools.
- ♥ Support the immune system alleviate regular flair-ups of eczema – this may be done through addressing dysbiotic flora that can negatively impact intestinal function and overall inflammatory reactions.
- ♥ Improve the population of beneficial flora to support the immune function and subsequent energy levels.

Long term treatment aims:

- ♥ Maintain good immune function and down-regulation from flair-ups on the skin.

Further investigations recommended:

To ensure that all aspects of Jazzmine's health is investigated and that she is receiving all the right treatment strategies, I am recommending the following blood tests to be done.

Blood pathology:

Full Blood Exam	<input checked="" type="checkbox"/>	hsCRP	<input type="checkbox"/>	LDH	<input type="checkbox"/>
Creatine Kinase	<input type="checkbox"/>	Corrected calcium	<input type="checkbox"/>	Phosphate	<input type="checkbox"/>
UEC	<input type="checkbox"/>	Urate	<input type="checkbox"/>	Magnesium	<input type="checkbox"/>
Lipids (incl. HDL)	<input type="checkbox"/>	Lipase	<input type="checkbox"/>	Amylase	<input type="checkbox"/>
LFT's (incl. AST)	<input type="checkbox"/>	Fasting Glucose	<input type="checkbox"/>	Iron Studies	<input checked="" type="checkbox"/>
Vitamin D	<input type="checkbox"/>	TSH / FT3 / FT4	<input type="checkbox"/>	Hba1c	<input type="checkbox"/>

You may ask your GP to have these tests done and be bulk billed OR you could have this tested privately through a Functional pathology lab and carry the expense of approximately \$200. If you choose to do this privately, please advise your practitioner in order to receive a referral form.

LIFESTYLE RECOMMENDATIONS

Connect with nature:

- ☐ Gardening – start your own little culinary herb / spice garden.
- ☐ Taking walks at the beach to relax

Creativity

Be creative in activities such as:

- ☐ Colouring
- ☐ Painting
- ☐ Scrapbooking
- ☐ Sewing
- ☐ Art Therapy through a qualified therapist (such as with Heidi Weston 😊)

Oral Health

- ☐ [Oil Pulling](#) with coconut oil + essential oils such as peppermint, clove and cinnamon.
- ☐ Non-fluoridated toothpaste (such as Grants)

Gratitude journal

- ☐ Journal your thoughts and display your gratitude - be creative about it!

Reduce environmental toxic exposure:

Environmental toxic exposure may lead to endocrine disruption and a causative factor to various disorders such as depletion of energy, weight gain, autoimmune conditions, neurodegenerative diseases and cancer. The following links are there for educational purposes to reduce exposure:

[Phthalates](#)
[Skin care and personal body products](#)
[Plastic products](#)
[Cleaning products](#)
[Cookware](#)
[Mould exposure](#)
[Tips on Performing an Environmental Toxic Cleanse](#)
[Tap water](#) and [Bottled Water Risks](#)
[Microwave usage](#)

DIETARY RECOMMENDATIONS

Functional Food Pyramid

Dietary Habits + Lifestyle habits = Health & Vitality



Serving sizes



Vegetables
2 handfuls



Starchy Vegetables
1 handful



Protein
1 palm



Fruit
1 palm



Oil/Ghee
1 thumb



Family, friends and
community



Quality sun
Exposure



Quality Sleep
Routine

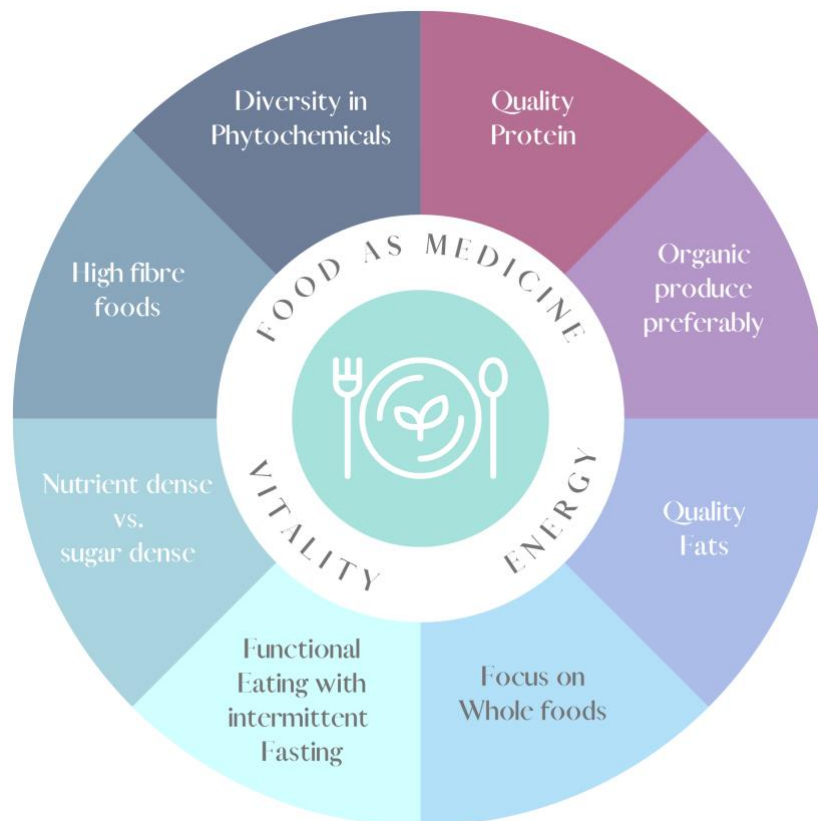


Regular
Exercise



Spiritual
Wellbeing

FUNCTIONAL FOOD AS MEDICINE



Hydration

Being hydrated assists the body to 'flush' toxins, improves metabolism, promotes satiety and assists the body in having an improved stress response.

☐ Filtered water – Amount: 600-900mL per day.

☐ Herbal teas: ☐ Elderberry & Echinacea ☐ Mint ☐ Fennel ☐ Lemongrass & Ginger ☐ Cinnamon
☐ Ginger ☐ Licorice ☐ Apple & Cinnamon

* These teas are from the Pukka Organic range and serves as a guideline only and can be purchased from Osborne Health Supplies.

☐ Keto electrolytes

* Add a slice of lemon or lime for a hint of natural flavour to your water

* In general, darker-yellow urine is an indication that there is a need for more water (except when the darker colour is due to B-vitamins 😊), clear urine and increased trips to the toilet may indicate over-hydration.

Protein sources

Proteins are the building blocks of life – once digested they become amino acids, to repair cells and create new ones, support muscle growth, maintain muscle mass, support the immune system, and assists in the regulation of blood sugar levels, which increases satiety. Choosing protein should predominantly be organic, grass-fed, free-range, wild caught – they are lower (or no) in toxins such as genetically modified grain-fed, hormone treatments, antibiotic treatments. They are higher in anti-inflammatory omega-3 fats.

Animal protein are the most bioavailable for humans due to our similar cell structure. These include:

- ☐ Lamb
- ☐ Chicken
- ☐ Beef
- ☐ Kangaroo
- ☐ Turkey
- ☐ Eggs
- ☐ Fish (SMASH – salmon, mackerel, anchovies, sardines and herring). These fish have been linked to higher anti-inflammatory omega-3 levels and lower toxic mercury poisoning.

Proteins from legumes, such as beans and lentils contain both complex carbohydrates, protein and quality fibre, but lack in healthy fats. They lack a complete set of essential amino acids, which can be obtained if they are mixed with quality animal protein.

Healthy Fat sources

Anti-inflammatory fats that are minimally processed and high in omega-3 fatty acids are essential for creating energy and needed for the maintenance of every cell in the body. A minimum of 4 servings per day are suggested and in small amounts. The following are sources of healthy fats:

- ☐ Avocados
- ☐ Butter & ghee – may also be a source of natural vitamin K that help absorb Vit D for bone density
- ☐ Extra Virgin Olive Oil – only when using for low heat and mostly as salad dressing
- ☐ Fatty Fish – high in anti-inflammatory omega-3
- ☐ Nuts and seeds – full of minerals and fibre – only small amounts needed (handful per day)
- ☐ Eggs – pasture fed only
- ☐ Grass-fed, organic beef
- ☐ Full-fat dairy – organic and unhomogenised milk, yoghurt, hard cheeses such as Gouda and cheddar
- ☐ Dairy alternatives: Almond, Rice, Coconut and Macadamia milk – preferably organic to avoid exposures to toxins such as BPA

Fibre

There are two types of dietary fibre that is essential to be consumed daily. Dietary fibre from unprocessed whole foods are divided into two types:

Insoluble fibre: This serves as a 'bottle brush' in the intestines, clearing the wastes from the digestive tract and assisting with a complete evacuation. These are mostly found in the outer coat of vegetables and whole grain (Quinoa, Rolled and steel-cut oats).

Soluble fibre: This type of fibre attracts water, swells and creates a gel-like mass that slows down digestion to keep you feeling fuller for longer, it traps toxins so that the body can effectively excrete them and provides "food" (a prebiotic) to your commensal (healthy) bacteria to support the immune system, down-regulate inflammation and create 'vitamins' such as Vitamin K in the large intestine as well as regulate blood glucose levels. Foods high in soluble fibre are:

- Oat bran (organic and gluten free) such as rolled oats for breakfast.
- Barley
- Nuts
- Seeds
- Beans
- Lentils
- Peas
- Certain fruits: guavas, apples, nectarines, pears, avocados and apricots
- Vegetables: include Brussels sprouts, sweet potatoes, broccoli, carrots and turnips
- Chia seeds (also great for healthy fats)

Phytochemicals (Vegetables & Fruit)

When purchasing vegetables and fruit it is essential that we try and avoid as much toxicity that comes through the pesticides sprayed. This [American Guide](#) is similar to ours in Australia and is helpful in making decisions when we cannot find organic produce. Shopping locally at farmer's markets from non-sprayed items, supports our liver more effectively, as it doesn't place an additional burden on detoxification pathways.

Aim to eat 600g of non-starchy vegetables per day from a variety of colours – "Eat the Rainbow". Fruit should be considered a treat, as it does contain fructose and in high amounts may cause you to struggle in maintaining your healthy weight goals.

Phytonutrient foods – ‘Eat-the-Rainbow’

RED					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Cherries	<input type="checkbox"/> Onions (p)	<input type="checkbox"/> Raspberries	Benefits	
<input type="checkbox"/> Beets	<input type="checkbox"/> Grapefruit (pink)	<input type="checkbox"/> Plums	<input type="checkbox"/> Strawberries	Anti-bacterial	Brain health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Goji Berries	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Rhubarb	Anti-cancer	Cell protection
<input type="checkbox"/> Cranberries	<input type="checkbox"/> Grapes	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Rooibos tea	Anti-inflammatory	Heart health
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Guava	<input type="checkbox"/> Radishes	<input type="checkbox"/> Tomato (p)	Blood circulation	Prostate health
ORANGE					
<input type="checkbox"/> Apricots	<input type="checkbox"/> Mango	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Turmeric root	Benefits	
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Nectarine	<input type="checkbox"/> Pumpkin		Anti-inflammatory	Cell protection
<input type="checkbox"/> Rockmelon	<input type="checkbox"/> Orange	<input type="checkbox"/> Sweet potato		Blood circulation	Heart health
<input type="checkbox"/> Carrots	<input type="checkbox"/> Pawpaw	<input type="checkbox"/> Tangerine		Brain health	Reproductive health
YELLOW					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Corn	<input type="checkbox"/> Passionfruit		Benefits	
<input type="checkbox"/> Pears (p)	<input type="checkbox"/> Ginger root	<input type="checkbox"/> Pineapple		Anti-inflammatory	Eye health
<input type="checkbox"/> Banana (p)	<input type="checkbox"/> Jackfruit	<input type="checkbox"/> Plantain		Cell protection	Heart health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Lemon	<input type="checkbox"/> Summer squash		Digestive health	Immune health
GREEN					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Green peas	<input type="checkbox"/> Pears	Benefits	
<input type="checkbox"/> Artichoke (p)	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Green tea	<input type="checkbox"/> Peppers	Anti-cancer	Cell protection
<input type="checkbox"/> Asparagus (p)	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Rocket	Anti-inflammatory	Digestive health
<input type="checkbox"/> Avocado (p)	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Limes	<input type="checkbox"/> Spinach	Blood circulation	Heart health
<input type="checkbox"/> Bean sprouts	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks (p)	<input type="checkbox"/> Swiss chard	Bone health	Liver health
<input type="checkbox"/> Bitter melon	<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Okra	<input type="checkbox"/> Snow peas	Brain health	
<input type="checkbox"/> Bok choy	<input type="checkbox"/> Green beans	<input type="checkbox"/> Olives	<input type="checkbox"/> Zucchini		
BLUE / PURPLE / BLACK					
<input type="checkbox"/> Berries	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Plums	<input type="checkbox"/> Raisins	Benefits	
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Figs	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Rice (black or purple)	Anti-inflammatory	Cell protection
<input type="checkbox"/> Carrots	<input type="checkbox"/> Grapes	<input type="checkbox"/> Potatoes		Blood circulation	Digestive health
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Olives (p)	<input type="checkbox"/> Prunes		Bone health	Heart health
				Brain health	Liver health
WHITE / TAN / BROWN					
<input type="checkbox"/> Apples	<input type="checkbox"/> Garlic (p)	<input type="checkbox"/> Nuts: almonds, cashews, pecans, walnuts, macadamias, Brazil nuts	<input type="checkbox"/> Seeds: Flax, Hemp, Pumpkin, Sesame, Sunflower	Benefits	
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Ginger		<input type="checkbox"/> Turnips	Anti-cancer	Cell protection
<input type="checkbox"/> Cacao (p)	<input type="checkbox"/> Chickpeas		<input type="checkbox"/> Wholegrains: Oats (p), Organic white – medium to long gr (p), Quinoa (p), Rye, Spelt	Anti-inflammatory	Digestive health
<input type="checkbox"/> Coconut	<input type="checkbox"/> Lentils (p)			Blood circulation	Heart health
<input type="checkbox"/> Coffee	<input type="checkbox"/> Lychee	<input type="checkbox"/> Onions (p)		Bone health	Immune health
<input type="checkbox"/> Dates	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Shallots		Brain health	Metabolic health
<input type="checkbox"/> Pears	<input type="checkbox"/> Tahini				

* This is a modified version of the Phytonutrient Spectrum Foods derived from The Institute of Functional Medicine ®

(p) Prebiotic Food – see next page

Pre-and Probiotic Foods

Our human gut microbiome, which forms a complex ecosystem consists of trillions of microbes. A microbiome that is dysregulated and not consisting of optimal commensal bacteria (good bacteria), have been linked to several disorders that include:

IBS (irritable bowel syndrome)	Infectious diarrhoea
intestinal permeability issues (leaky gut)	Coeliac disease
SIBO (Small Intestinal Bacterial Overgrowth)	Respiratory infections
Allergies	Thyroid disorders
Joint pain	Autoimmune conditions
Gastric ulcers	Parkinson's disease
Inflammatory bowel diseases such as Crohn's and	Chronic inflammatory conditions such as arthritis
Ulcerative colitis	Chronic fatigue syndrome
Cardiometabolic diseases (fatty liver, type II diabetes,	Inflammatory Skin Conditions
heart disease)	Mood Issues and Autism

Foods that promote inflammation and disrupt the microbiome:

- ⊗ Refined vegetable oils (canola, corn, soybeans, sunflower)
- ⊗ Pasteurised dairy products
- ⊗ Refined carbohydrates and grain products
- ⊗ Conventional meat, poultry and eggs – due to cheap inflammatory feed ingredients
- ⊗ Trans fats (used in processed foods and fried foods)
- ⊗ Sugar (packaged snacks, breads, condiments, canned items, cereal, sodas)
- ⊗ Antibiotics

Prebiotic foods serves as a '**feed**' for probiotic bacteria (commensal bacteria) and assists in the proliferation of them within the gastrointestinal lining. *Prebiotic foods has been marked (p) on the previous page.*

Probiotic foods that are usually derived from a fermentation process (cultured food) and **contain various strains of probiotics** that may be beneficial for you. **The following foods are known to be probiotic.** Your practitioner may recommend them if you have achieved an optimal state of GIT integrity in your protocol. If probiotics are included in your diet too early during a dysregulated phase, you may experience discomfort, pain, loose stools and gastric spasms. *Links have been included to learn more about it and get recipes on how to make it.*

- | | |
|---|---|
| <input type="checkbox"/> Milk kefir (ki-fear) | <input type="checkbox"/> Sauerkraut (bought refrigerated) |
| <input type="checkbox"/> Kimchi | <input type="checkbox"/> Water kefir |
| <input type="checkbox"/> Traditional buttermilk | |

Example meals and snacks to navigate you on healthy options:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Farmer's Market Frittata	Simple Savory Chicken Patties	Smoked Salmon Low Carb Bagels	Dr Brukner's Muesli with yoghurt	Veggie Muffins
SNACKS	Overnight Chocolate Chia Seed Pudding	Berries & Cream Smoothie	Simple Fennel Citrus Salad	Marinated olives	Greek yoghurt with blackberries
LUNCH	Warm Veggie Salad with almonds	Buddha Boost Bowl	Broccoli Cheese Soup	Scrambled eggs with Salmon & Avo	Garden Pesto Chicken 'Pasta'
SNACKS	Chocolate bark	Easy Date Protein Balls	Hummus with celery & carrot sticks	Roasted nuts	Chocolate bark
DINNER	Miso-glazed salmon & veggies	Baked Chicken Drumsticks	Saucy Moroccan Lamb	Zippy Zoodle Bolognese	One-Pan Beef & Broccoli

An example of a 'Health bowl' (modified version of a Buddha bowl)

How to create a simple and easy "Health Bowl"



When choosing your various foods, please try and buy organic for your fruit and vegetables and pasture fed for your animal proteins, where possible

PERSONALISED PRESCRIPTION PLANNER

ACCORDING TO YOUR HEALTH GOALS

The following products have been chosen by your practitioner to assist you with achieving your health goals. This prescription has been prepared on: **13 May 2023** and will be assessed at your follow-up consultation in 7 weeks' time on **Saturday, 1 July 2023** at 11am.

Product	Rationale & Comments
<u>Cell Logic – EnduraCell</u> PomGenex Dosage: Week 1: ½ scoop per day Week 2+: ½ scoop twice a day	♥ Restore GIT integrity. ♥ Supports immune function. ♥ Upstream cell biology approach to restore immune function and down-regulation of inflammatory conditions.
<u>Cell Logic</u> ImmunoGenex Dosage: Week 1: ½ scoop per day Week 2+: ½ scoop twice a day	♥ Pre- and Probiotic blend to assist in the proliferation of 'good' bacteria and a healthy diverse microbiome for optimal GIT and Immune function.

The above products may be used in a smoothie mix for variation – please do not consume them in hot drinks, as this will 'kill' off the probiotics.

½ scoop of PomGenex

½ scoop of ImmunoGenex

½ cup of milk kefir / Organic yoghurt (unsweetened)

½ cup of Organic frozen fruit (mango, mixed berries, blueberries)

½ cup of cooled down (refrigerated) [Rooibos tea](#) (I quite like this one from my home country 😊) OR Almond milk. As some plant milks have some additives added for preserving it, it may trigger an inflammatory response, whereas this specific tea is anti-inflammatory and has healing properties to the GIT.

Blend this all together in a blender until you reach the consistency you like and ENJOY!

END OF REPORT – INTENTIONALLY BLANK