

YOUR TREATMENT PLAN

(on behalf of Patricia Vandenberg-Smith, Journey to Health Pty Ltd)

Client Name Ayse Gulce

Date: 15/07/2022

I am in clinic during the following days/times

Mon, Thu : 11am - 8pm ; Tue, Fri : 8:30am - 2pm
Wed : 9am – 5pm ; Sat 10am - 2pm
Appointments outside of nominated times may be arranged in exceptional circumstances

Short term treatment goals

Speed up respiratory infection recovery; Improve immunity to reduce respiratory infection recurrence; Improve digestive function; Minimise systemic inflammation;

Long term treatment goals

Support thyroid function, nervous system health and improve sleep

Recommended Herbal and Nutritional Products

Product	Dosing	Rationale	Notes/Special instructions
Immune response herbal tonic: Astragalus, Cat's claw, Codonopsis, Echinacea	7.5mL twice daily (with food)	<p>Recurrent infections, chronic sinusitis and less than optimal white blood cell count suggest suboptimal immune function, Traditionally, these herbs have been used to optimise/improve immune system response in persons susceptible to viral and bacterial infections:</p> <ul style="list-style-type: none"> ☞ Astragalus: immunostimulatory activities by stimulating B-lymphocytes, activating T-lymphocytes, modulating cytokine production, and activating macrophages and natural killer cells ☞ Cat's claw: reduces inflammation and balances immune response as antibacterial, anti-inflammatory, antioxidant, antiviral, cytoprotective, immunostimulant ☞ Codonopsis: blood, general and immune system tonic by balancing the white blood cells composition ☞ Echinacea blend: immunostimulatory and anti-inflammatory properties 	
Super Mushroom Complex, Metagenics	1 to 3 teaspoons daily	<ul style="list-style-type: none"> ☞ Assist immune system function ☞ Support immune function during mild upper respiratory tract infections ☞ Strengthen cellular immunity and assist energy, stamina and fatigue 	<ul style="list-style-type: none"> ☞ During acute infections (like the one you currently have) take 1 teaspoon dissolved in water 3 times daily ☞ <i>AFTER current infection has cleared</i> reduce to 1 teaspoon once daily ☞ If you find taking it on an empty stomach aggravates your stomach, take after a meal
B12 Rapi-Melt (1000mcg tablets), Blackmores (independently purchased by the client)	1 melt daily	Ongoing stress, recurrent infections/illness and blood test results indicating less-than-optimal vitamin B12 levels which may lead to suboptimal brain and nervous system function, causing cognition difficulties, reduced memory function and potential for increased anxiety, nerve damage and may cause elevated homocysteine levels (increasing risk of strokes and cardiovascular events)	<ul style="list-style-type: none"> ☞ Place 1 melt under your tongue and allow it to melt before swallowing (takes approximately 30 to 40 seconds) ☞ Take in the morning as taking it after midday may cause interrupted sleep
Curcum-Evail, Designs for Health (independently purchased by the client)	1 capsule daily	Curcuminoids (turmeric extract) providing antibacterial, antioxidant, anti-inflammatory, cytoprotective, chemoprotective, neuroprotective and hepatoprotective properties will boost immunity, reduce inflammation, protect nervous system, stimulate circulation, while supporting liver and gallbladder health	<ul style="list-style-type: none"> ☞ Curcuminoids anti-inflammatory action may cause blood thinning effects thus reduce dosing if/when taking anti-inflammatory medication (e.g., aspirin) ☞ Discontinue use 2 weeks before any planned surgeries

Zinc Drops, BioCeuticals	5 drops (equivalent to 29mg zinc) once daily	Zinc is essential for over 360 metabolic processes in the body and necessary for cellular defence against reactive oxygen species, digestive function, nervous system health, mental health, and reduces inflammation & likelihood of chronic ailments	☞ Preferably take with food to reduce likelihood of stomach upset
Ultra Flora Restore Dairy Free, Metagenics	1 capsule daily	Three probiotic strains, to enhance the growth of beneficial intestinal bacteria; maintain healthy digestive system function and support gut tissue restoration	☞
Adverse Reaction and Safety Information <ul style="list-style-type: none"> • Take products only as directed. • Should you encounter <u>any</u> reactions such as feeling nauseous, headache, dizziness or the like, STOP taking your product immediately and call me. • In the case of an emergency, contact your GP or call 000. • All medication must be kept out of reach of children. 			

As discussed during the phone conversation, while dealing with the current respiratory tract infection (while your symptoms remain the same or for the next 7 to 10 days) continue to take:

- 5 drops of zinc per day (ideally with food to avoid nausea)
- One B12 Rapi-melt daily
- One Curcum-Evail capsule daily
- 500mg of Vitamin C twice daily OR at least half of a large lemon squeezed in water twice daily
- 5000IUs of vitamin D3 daily. This, ideally, should be taken with a fatty meal
- Metagenics Super Mushroom Complex powder: 1 teaspoon in a small cup of water 3 times daily (as per box instructions for "acute")
- 1 capsule of your Magnesium glycinate per day (ideally in the evening to help you sleep better)
- For as long as you have runny nose, sinus problems, any cough or throat discomfort ensure you:
 - gargle salty water twice daily
 - perform the sinus rinse once daily (the same way you have done it in the past)

If you find that your symptoms are worsening, or have not improved inside 5 days, please contact me.

After you have recovered from your current respiratory tract infection, *or after 10 days*, please:

- contact me to organise postage of the 'Immune response herbal tonic' for you
- reduce:
 - Metagenics Super Mushroom Complex powder to 1 teaspoon once daily (as per box instructions for "chronic")
 - Vitamin D3 to 3000IUs per day. If your capsules are 5000IUs and cannot be reduced to 3000IUs then skip D3 every 3rd day (i.e. take 5000IUs for 2 consecutive days and do not take any on day 3, then take it for 2 days and so on). This important to do as we do not have any recent blood test results showing us your Vitamin D levels and until blood can be done it should not be supplemented at doses higher than 3000IUs for long periods of time

Dietary & Lifestyle Recommendations

Optimise immune response and facilitate cellular regeneration while minimising inflammation please adopt an anti-inflammatory way of eating:

- **remove from diet** dairy, and ideally, gluten as they are 2 of the most common food allergens and drivers of inflammation. A handout with hints and tips on anti-inflammatory way of eating is provided as are 2 handouts that may help you remove / substitute dairy and gluten in the diet more easily
- **Limit / reduce** intake of:
 - refined sugars and processed foods, artificial sweeteners, and refined grains such as flour products and breakfast cereals - for example consider eating a whole foods bowl in place of bread-based meals like wraps or sandwiches (please see enclosed 'Making a Wholefoods Bowl' handout for quick fuss-free recipe ideas); or consider making a savoury slow-cooked porridge
 - red meat to no more than 4 meals per week
- **increase** intake of:
 - a variety of fruits and vegetables ensuring to eat what is in season and colourful, as well as leafy dark green veggies and herbs (spinach, rocket, silverbeet, parsley...) to optimise dietary anti-oxidants and support digestive health & function:
 - Optimise natural sources of antioxidants, soluble fibre, vitamins A/C/K, magnesium, calcium, iron, and potassium by increasing intake of fruit and vegetables and trying to eat at least:
 - 2 pieces of fruit every day (10 berries count as 1 piece of fruit) and you can have them cooked if not in a mood for raw fruits; or you could freeze and blend them with a little bit of plant milk or water or juice as a creamy ice-cream-like dessert. One baked or stewed apple per day would be most beneficial in increasing the probiotic content in your gut and berries and citrus fruits are very beneficial for your immune system. You could stew it with cinnamon or vanilla or can remove the core, fill with nuts of choice and drizzle with cinnamon and honey before baking for a delicious dessert
 - 8 to 10 servings of non-starchy vegetables daily (1 serving = 1 cup of raw or ½ cup of cooked vegetables).
Out of these 4 to 6 should be made of leafy (ideally bitter) greens and herbs, and another 4 to 6 should be cruciferous vegetables (cauliflower, broccoli, cabbages, brussels sprouts, broccolini).
To increase vegetable intake consider having salads, whole food bowls, large mixed roasted vegetable (can cook a large tray once per week and refrigerated for later use in the week), soups/stews (ensuring to add a variety of non-starchy vegetables: onion, garlic, celery, parsley, silverbeet...), blend/grate vegetables and add to sauces, or you can even juice them.
 - cruciferous vegetables, leafy green vegetables, beetroot, lemon, and carrots every week. Consider:
 - juicing these vegetables and having a cup of juice daily (e.g., add 1 beet, 1 medium to large carrot, 1 medium to large lemon [including the white pith but peel off yellow skin/rind if not organic], a handful of leafy greens or cabbage, some organic celery, and some berries or a green apple or some pineapple [including the core]). If daily juicing is cumbersome, you could juice a larger quantity every second day but ensure to quickly place into the fridge (in an airtight container) any juice that you will consume the next day)
 - squeezing half a lemon into your water twice daily, each day, or use it as a salad dressing or squeeze over fish or chicken or meat
 - blending/grating a whole lemon including the white pith (if not organic please peel off the yellow rind/skin) and mixing in some manuka honey (just enough to make it palatable). Consume a

heaped teaspoon every morning and night (and ensure to refrigerate between uses in an airtight glass container)

- making a grated beet, carrot and granny smith salad and season with cold pressed extra virgin olive oil, lemon juice (salt & pepper to taste) and some chopped almonds or walnuts
- lean proteins from varied sources (chicken, fish, red meat and/or organ meats, beans, lentils) to at least 125 to 150g of protein daily. Red meat (or organ meats such as liver) should be eaten at least twice (no more than 4 times) per week. The size of red meat piece in any one meal should be the size of the palm of your hand (excluding the fingers surface)
- choline and lecithin containing foods: eggs, fish, poultry (chicken, turkey...), nuts and seeds (pepitas, sunflower...), kidney beans, soy beans, cruciferous vegetables (cauliflower, broccoli, cabbages, brussels sprouts, broccolini)
- zinc containing foods: oysters, pumpkin seeds, cashews, mushrooms, spinach,...
- Increase dietary sources of silica (Fiji water, horsetail tea, leafy greens, bananas, lentils...) to facilitate cellular regeneration
- vitamin D sources by eating sardines and ensuring to, weather permitting, spend 15 to 20min each day with 70% of your skin exposed to the sun so as to optimise vitamin D production
- **optimise** intake of healthy fats (predominately of medium chain fatty acids):
 - Medium chain fatty acids (MCTs): Coconut oil (use it in salads, shakes, and/or in cooking), avocados, avocado oil, extra virgin olive oil (EVOO), grass-fed butter
 - Long chain fatty acids:
 - use 20ml (1 tablespoon) of cold pressed EVOO twice daily either with food (in salads or with vegetables or on its own), eat avocado several times per week and consider adding olives to your diet (if not already supplementing with MCTs)
 - eat eggs
 - eat oily fish at least 2, ideally 3 to 4, days per week. Bulk of it ideally should be small fish like sardines, mackerel, and herrings (rich in healthy fats and low heavy metal content). Please note that canned tuna is very poor in essential fatty acids. If not wanting to eat as much fish it is essential that you take a quality Omega-3 supplement on daily basis
 - ensure to eat at least 12 nuts (30g) each day (no more than 3 of Brazil nuts daily) ensuring that you vary which nuts you eat

Please note that you should always opt for having avocados or fish over adding oils/fats to your diet and not have more than 2 tablespoons of any one oil/butter per day, and if having coconut milk/cream/products on any 1 day you should consider that as your daily quota of fats. This is important as having too much of it may cause your triglyceride levels to raise too much.

To optimise digestion and overall health and vitality:

- **Support your gastrointestinal health and boost your digestion**
 - Avoid/minimise starchy vegetables (e.g., white potatoes) and grains (rice) and increase non-starchy and dark green leafy veggies and herbs and consider substituting grains with seeds (quinoa, amaranth, buckwheat)
 - Increase intake of prebiotic and probiotic containing foods (e.g. fermented vegetables, baked and stewed apples)
 - Increase intake of both insoluble and fibre beans, legumes (lentils, chickpeas...), gluten-free oats (whole grain or rolled - avoid instant flavoured powders), varied fruit and vegetables
 - Minimise grain/breads/cereals intake (to avoid reflux, bloating, cramps, and flatulence)
 - If food is causing you indigestion try to improve digestion of said food by eating half a cup of pawpaw or papaya 20-30min before your meal or try taking 1 tablespoon of apple cider vinegar in half a cup of water 20min before the meal. If you find yourself bloated consider having a cup of

strong peppermint tea which will provide a quick relief from the trapped gasses. Additionally consider drinking ginger or chamomile or fennel teas in place of just water close to your meals (or even with the meals) as these herbs are digestive aids.

- To minimise reflux related discomfort (if any occurs) have some marshmallow root tea 20min before your meal (AFTER your apple cider vinegar) – you only need to steep 1 teaspoon of marshmallow root in half a cup to 1 cup of water and have it before your meal as we do not want too much water before meals
- Avoid drinking water in the 30min before and up to 1 hours after a meal as it will dilute your digestive juices and cause indigestion (above mentioned digestive teas are exception to this rule)
- Avoid eating in the last 4 hours before going to bed to avoid reflux and other digestive discomfort and to enhance sleep/rest
- **Hydrate optimally:** Drink 2L of water daily while ensuring not to drink too much at once, as that will just overburden the kidneys, cause you to pee it out quickly and your body will remain dehydrated. It is best not to drink more than 1 cup of water at the time and your urine should never be clear – it should always be pale yellow or straw coloured (as per attached chart).
To achieve this, you may consider setting an alarm to remind you to drink water every hour, thus ensuring you hydrate sufficiently by the end of the day without ever feeling thirsty.

Also you will find that as you increase intake of fresh/raw fruit and vegetables you will not be needing as much water and drinking just 1.5 L will be sufficient at that stage.

To minimise fatigue and optimise your energy levels

- Make protein a base of all your meals and snacks. Choose your protein and then build your meal around it
- Continue to graze throughout the day as regular protein-based snacks (every couple of hours) are essential to ensure blood sugar is regulated which will help keep you feel satiated and provide you with energy. Examples of protein-based snacks are boiled eggs, half a handful of varied seeds, humus or tahini with vegetable sticks (carrots, celery, capsicum, cucumber...) or with apple slices or punnet of cherry tomatoes, protein boosted coconut yoghurt, etc...

Additional recommendations

- Consider monitoring your basal body temperature 5 to 7 consecutive days in each month as a way of self-monitoring of your metabolic function (ideally it should be between 36.1°C and 36.6°C)
- Please discuss with your GP about potentially running following tests:
 - Vitamin D levels
 - Vitamin B12, folate, homocysteine
 - Zinc, copper, ceruloplasmin
 - Thyroid studies (the whole panel)
 - Iron studies (the whole panel)
 - Whole blood count, bilirubin and liver enzymes
- Follow up appointment, to review progress, should be booked in approximately 4 weeks