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The Well Collective
Ph: 0422 287 586
14/11/2023

Dr. Huy Tran
Frankston Haematology and Oncology Centre
Peninsula Private Suite 13,
525 McClelland Drive

Dear Dr. Tran


I trust this letter finds you well. I am writing to you in my capacity as Jordan Tobin's naturopathic healthcare provider.

Over the course of our sessions, we have focused on addressing and managing various health concerns, including hormonal imbalances associated with dysmenorrhea and PCOS-type symptoms, as well as addressing issues related to fatigue, digestive health, and stress management. Through a naturopathic approach, we have tailored a plan that incorporates lifestyle modifications, dietary adjustments, and the targeted use of herbal medicine and nutraceuticals. I am pleased to note that Jordan has responded positively to these interventions, experiencing improvements in her overall well-being. As part of our holistic approach, she has expressed her desire to explore natural methods for managing her deep vein thrombosis.

Recently, Jordan has been experiencing side effects from her current anticoagulant medication, including facial numbness, tingling, and disturbing thoughts related to suicidal ideation. These side effects have understandably raised concerns for Jordan, prompting her desire to explore alternative approaches to manage her condition.

After careful consideration and discussions with Jordan, we have collectively decided to explore the possibility of transitioning her from her current medication to a regimen that incorporates anticoagulant herbs and nutraceuticals. I would like to propose the inclusion of the following supplements in her management plan: Ginkgo biloba, Dan shen, Turmeric, Ginger, Hawthorn, Grape seed extract, Garlic, Fish Oil, and Nattokinase. Jordan has stated that she will always keep Clexane in her house in case of a clotting event.



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I am aware of the importance of maintaining a collaborative and integrative approach to patient care. To support this decision, I have researched and compiled relevant scientific studies that highlight the potential benefits of these natural interventions in managing thrombotic conditions. I believe that a well-coordinated effort between our practices can lead to a more comprehensive and personalised care plan for Jordan.

I have shared the research findings below and would like to collaborate with you to ensure the seamless integration of naturopathic interventions into Jordan's overall treatment plan. I believe that a cooperative approach will enable us to address Jordan's health concerns more comprehensively and enhance her overall well-being.


If you would like to discuss these options further with me, please feel free to contact me at 0422 287 586 or kit@thewellcollective.com.au to schedule a suitable time for a discussion.

Thank you for your time and consideration. I look forward to the prospect of working together to provide the best possible care for Jordan.

Sincerely,

Kit Tomlinson



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Herbal Medicine references:

Salviae Miltiorrhizae (and Chuanxiong Rhizoma)- doi: 10.3390/molecules26237293

The study suggests that Danshen (*Salviae Miltiorrhizae Radix et Rhizoma*) inhibits Factor Xa (FXa). The inhibitory effects of different ratios of Danshen and Chuanxiong (DC herbal pair) extracts on thrombin (THR) and Factor Xa (FXa) are evaluated. The study states that all ratios of DC herbal pair extracts show a stronger inhibitory activity on FXa than the Chuanxiong (CX) extract, and among them, the DC herbal pair with a ratio of 1:1 exhibits the strongest effect, even stronger than the Danshen (DS) extract.

Grape seed extract - doi: 10.3390/nu11010093.

The results showed that grape seed extract, especially at concentrations of 15.0 µg/mL, had an impact on various aspects related to blood clotting and platelet activity. It reduced the aggregation of platelets induced by adenosine diphosphate (ADP), affected VASP assays, and influenced plasma coagulation tests. The study suggests that grape seed extract has the potential to affect the coagulation systems in multiple ways, indicating that it might be a promising natural supplement to help prevent cardiovascular issues related to blood clotting.

Crataegus monogyna (Hawthorn) – <https://doi.org/10.1016/j.heliyon.2020.e04617>

The study suggests that hawthorn extract alters the levels of specific clotting factors, specifically mentioning a reduction in liver factor X levels and an increase in cardiac levels of antithrombin III. The reduction in liver factor X levels is associated with the potential blood-thinning properties of hawthorn, as it implies a decrease in the synthesis process of factor X in the liver.

Nattokinase – doi:10.3390/ijms18030523

Nattokinase (NK) stands out as a natural and effective cardiovascular supplement, as evidenced by animal and human trials. Demonstrating robust thrombolytic activity, NK efficiently dissolves blood clots and promotes arterial blood flow recovery. It exhibits anti-thrombotic effects comparable to aspirin without adverse reactions. Human trials reveal significant reductions in cardiovascular risk factors, including factor VII, factor VIII, and fibrinogen levels. NK's impressive fibrinolytic capacity is evident even with a single dose, making it a promising candidate for cardiovascular health. Its resistance to gastric fluids and stability further enhance its absorption and efficacy, suggesting its potential as a valuable supplement.

Turmeric – DOI: 10.18805/ijare.v50i2.9586

This review highlights the antiplatelet, anticoagulant, and fibrinogenolytic properties of turmeric, specifically its active compound curcumin. Turmeric inhibits platelet aggregation, with ar-turmerone identified as a potent platelet inhibitor. Curcumin exhibits anticoagulant effects by prolonging blood clotting times and inhibiting thrombin and activated factor X activities. Additionally, turmeric species, rich in serine and cysteine proteases, demonstrate procoagulant and fibrinogenolytic activity. Clinical trials confirm the safety and tolerance of turmeric, even at high doses, suggesting its potential as a therapeutic agent for various conditions, as supported by its traditional uses.

Garlic – <https://doi.org/10.1271/bbb.60380>

This study investigated the impact of odorless garlic powder on blood clotting and fibrinolytic activity. It found that it significantly enhanced the activity of tissue-type plasminogen activator (t-PA), a protein involved in dissolving blood clots. The results suggest that odorless garlic could be beneficial in preventing pathological blood clot formation and supporting cardiovascular health.



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