



**naturally
anew**

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Aiden Blachman

Treatment Goals (short-term)

1. Support Aiden's goal of improving energy levels **via** supporting quality nutrient intake and assimilation **to** enhance performance in sports and other physical and mental activities
2. Support growth and positive eating behaviours **via** addressing nutrient deficiencies (zinc, manganese) and toxicities (copper) **to** balance mineral levels and optimize taste, smell and texture experience of food
3. Reduce oxidative stress/damage **via** increasing antioxidant (glutathione) **to** bind to and support the removal of toxic waste
4. Expand Aiden's repertoire of foods **via** deliberate food exposure **to** create a balanced diet and reduce future risks related to poor dietary intake

Treatment Goals (long-term)

1. Support growth and development **via** correcting nutrient deficiencies and environmental toxicities **to** support homeostatic processes
2. Support energy levels and mood **via** ensuring adequate nutrient intake and assimilation **to** support homeostatic processes
3. Cultivate positive association with food and mealtime **via** conscious and subconscious exposure to new food **to** create a positive and nurturing mealtime environment

The page below is a simple guide of the treatment plan.

It is recommended to print this page and hang somewhere visible to help daily implementation.

AIDEN'S Overall Protocol

Including any adjustments to previous prescriptions

Take with meal, away from pharmaceutical medication:

1. Take 1 x MolyZinc (empty capsule)
2. Take 1 x Manganese (empty capsule)
3. Take 1 x Vitamin C Plus (empty capsule)
4. Take 1 x NAC (empty capsule)
5. Take 1 x Zinc Plus (empty capsule)

Evening, around dinnertime

1. Take 1 x MolyZinc (empty capsule)
2. Take 1 x Manganese (empty capsule)
3. Take 1 x Vitamin C Plus (empty capsule)

New Supplement Shopping List

Order yourself through vital.ly patient account (prescription will be emailed with access to all)

Zinc Plus | \$27.80 via [Vital.ly](https://vital.ly)

MolyZinc | \$24.50 via [Vital.ly](https://vital.ly)

Manganese Plus | \$25.70 via [Vital.ly](https://vital.ly)



Vitamin C Plus | \$30.60 via [Vital.ly](https://vital.ly)

VegeNAC | \$31.91 via [Vital.ly](https://vital.ly)

READ ON FOR THE FULL REPORT

Functional Testing Explained

Hair Tissue Mineral Analysis (HTMA)

Standout Minerals	Range	Deficiency/ Excess	Interpretaton/ Intervention
Copper	out of range  elevated	<p>As discussed in our appointment, the Copper in Aiden’s test is elevated (20,1 compared to average 0.9-3,2). Aiden’s Zinc levels should be 8 times his Copper level. therefore his zinc levels are deficient comparatively. His Zinc cannot be utilised well (or at all) under these circumstances.</p>	<p>Copper excess often means not only is there too much, which can be ‘toxic’ to the body in excess and act as free radicals, but it often means that there is biounavailable copper in the wrong places.</p> <p>This often expresses in behavioural and anger issues, iron deficiency</p>
Zinc	out of range  deficient	<p>This is probably due to a combination of reasons from inherited levels to exposure through food and/or pipes. It is also likely contributed or caused by a Zinc deficiency. These two minerals are dependant on each other and it is someonetmes a chicken and egg story of which came first.</p>	<p>Zinc deficiency is associated with an altered sense of taste and smell, poor appetite and growth, irritability,</p> <p>Supplement recommendations:</p> <ul style="list-style-type: none">• Moly Zinc• Zinc Plus• Manganese Plus• NAC

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>Zinc Plus</p> <p>\$27.80</p> <p><i>Vegan</i></p> 	<p>Zinc</p> <p>Supportive nutrients:</p> <ul style="list-style-type: none">• Low dose Vitamin B6 in the form of P5P	<p>Zinc deficiency can exacerbate picky eating behaviors in children. Zinc plays a crucial role in taste perception and appetite regulation. When zinc levels are low, it can alter taste sensitivity, leading to a decreased ability to detect flavors. This can result in a diminished appetite and increased fussiness towards certain foods, making children more prone to picky eating habits.</p> <p>Additionally, zinc deficiency may affect the production of stomach acid and digestive enzymes, further impacting appetite and nutrient absorption.</p> <p>P5P is necessary for the proper function of certain zinc-dependent enzymes.</p>	<p>Take <u>1 capsule</u> emptied into water, juice or smoothie, ONE times a day.</p> <p>1 cap x 1/day*</p> <p>*We will work to build this dose up but want to start here for about a month.</p>

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>MolyZinc</p> <p>\$24.50</p> <p><i>Vegan</i></p> 	<p>Low dose Zinc</p> <p>Supportive nutrients:</p> <ul style="list-style-type: none">• Molybdenum• Vitamin B6 in the form of P5P• Vitamin C	<p>While zinc competes with copper for absorption and induces metallothionein production, molybdenum helps in copper excretion and enzymatic detoxification.</p> <p>Copper Regulation It induces the synthesis of metallothioneins, which bind to copper regulating copper levels by sequestering excess and reducing bioavailability. It facilitates the conversion of copper into a form that can be more easily excreted from the body, helping to prevent copper accumulation in tissues.</p> <p>Enzyme Function It acts in multiple ways to support the breakdown of toxins enhancing the detoxification process.</p> <p>Oxidative Stress Copper excess can lead to increased production of free radicals, causing oxidative stress and cellular damage. Molybdenum supports the body's antioxidant defenses mitigating oxidative stress.</p>	<p>Take <u>1 capsule</u> emptied into water, juice or smoothie, TWO times a day.</p> <p>1 cap x 2/day</p>


Purchase through
your Patient Vital.ly
account
1 bottle =1 month
supply

Nutrition


Product	Hero ingredients	Intent	Instruction
<p>Manganese Plus</p> <p>\$25.70</p> <p><i>Vegan</i></p> 	<p>Manganese</p> <p>Supportive nutrients:</p> <ul style="list-style-type: none">• Vitamin B1	<p>Antioxidant Defense: Manganese is a cofactor for superoxide dismutase (SOD), an enzyme that helps neutralize harmful free radicals in the body. This antioxidant activity can counteract the oxidative stress caused by excess copper and support cellular health.</p> <p>Copper Regulation: Manganese competes with copper for absorption in the intestines. In cases of copper toxicity, adequate manganese levels may help mitigate copper absorption, reducing the risk of copper overload.</p> <p>Zinc Absorption: Manganese is involved in the metabolism of zinc, another essential mineral for children's growth and development. By supporting zinc absorption and utilization, manganese can help address zinc deficiency, which is common in children and crucial for immune function, growth, and cognitive development.</p>	<p>Take <u>1 capsule</u> emptied into water, juice or smoothie, TWO times a day.</p> <p>1 cap x 2/day*</p>

Purchase through
your Patient Vital.ly
account
1 bottle = 45 days

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>Vitamin C Plus</p> <p>\$30.60</p> <p><i>Vegan</i></p> 	<p>Vitamin C as <i>ascorbic acid and rosehip</i></p>	<p>A powerful antioxidant that plays a crucial role in various bodily functions.</p> <p>Vitamin C helps in the detoxification of excess copper from the body by promoting its excretion through urine. It does so by forming complexes with copper, making it more soluble and easier for the body to eliminate.</p>	<p>Take <u>1 capsule</u> emptied into water, juice or smoothie, TWO times a day.</p> <p>1 cap x 2/day*</p>
<p>Purchase through your Patient <u>Vital.ly</u> account</p> <p>1 bottle = 45 days</p>	<p>Supportive nutrients of note:</p> <ul style="list-style-type: none">• Giant Knotweed (resveratrol)• Rutin	<p>Resveratrol acts as an antioxidant removing free radicals. It has also been shown to have chelating properties, binding to copper ions facilitating excretion through urine or feces.</p> <p>Rutin is a flavonoid that is often found alongside Vitamin C with antioxidant properties believed to enhance the activity of Vitamin C in the body.</p>	

Nutrition

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<p>VegeNAC \$31.91 <i>Vegan</i></p> 	<p>N-acetylcysteine (NAC)</p>	<p>Antioxidant Action: NAC boosts the production of glutathione, a powerful antioxidant in the body. Glutathione helps neutralize free radicals and oxidative stress caused by excess copper, protecting cells from damage.</p> <p>Chelation: NAC has chelating properties, meaning it can bind to copper ions and facilitate their removal from the body. By chelating copper, NAC helps reduce copper toxicity and supports detoxification processes.</p> <p>Cellular Protection: NAC protects cells from copper-induced damage by enhancing their antioxidant defenses and promoting the repair of oxidative damage.</p>	<p>Take <u>1 capsule</u> emptied into water, juice or smoothie, ONE times a day.</p> <p>1 cap x 1/day</p>

Purchase through
your Patient Vital.ly
account
1 pack = 2 months

Safety & Adverse Reaction Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and contact Naturally Anew dina@naturallyanew.com/0409770430. I will get back to you as soon as possible to discuss the situation with you.
- In the case of an emergency, contact your GP or emergency service.
- Please keep all medication out of reach of children.

Diet

Intervention	Instruction	Intent																																																																													
<p>Protein</p> <p>The recommended intake of protein for an 8 year old boy is 20 g/day (0.91 g/kg), approximately 1½ serves per day*</p> <p>Aiden is almost 9 years old, this requirement gets even greater, increasing to 40 g/day (0.94 g/kg) for 9-13 year olds, but let's take it 1 step at a time.</p>	<p>Focus on protein foods that Aiden likes, aim for 2-3 serves a day.</p> <p>*What does a serve look like?</p> <p>Meat, fish, poultry, eggs, nuts, seeds, legumes:</p> <p>1 serve =</p> <ul style="list-style-type: none">• 65 gm cooked lean beef, lamb, veal• 80 gm cooked lean chicken or turkey• 100 gm cooked fish fillet• 2 large eggs• 30 gm (1½ tablespoons) peanuts, almonds, sunflower seeds or sesame seeds (LSA below)	<p>Protein is often considered one of the most nutrient-dense foods for kids because it provides essential nutrients in a relatively small amount of food.</p> <p>Proteins are made up of amino acids, which are the building blocks of the body. Some amino acids are considered essential because the body cannot produce them, and they must be obtained through the diet. Animal-based protein sources such as meat, dairy, and eggs generally provide a complete set of essential amino acids, ensuring that children get all the necessary building blocks for growth and development.</p> <p>Many protein-rich foods also contain other essential nutrients, e.g. lean meats provide iron, zinc, and B vitamins, while dairy products offer calcium and vitamin D.</p>																																																																													
<table><tr><th colspan="5">High-Protein Food Sources</th></tr><tr><th>Food</th><th>Serving</th><th>Protein (grams)</th><th>Age 4 to 8</th><th>Age 9 to 13</th></tr><tr><td>Chicken, meat, or fish</td><td>3 ounces</td><td>21</td><td>111%</td><td>62%</td></tr><tr><td>Lentils or beans, cooked</td><td>1/2 cup</td><td>9</td><td>47%</td><td>27%</td></tr><tr><td>Milk or soy milk</td><td>1 cup</td><td>8</td><td>42%</td><td>24%</td></tr><tr><td>Tofu</td><td>1/4 cup</td><td>7</td><td>37%</td><td>21%</td></tr><tr><td>Cheese</td><td>1 ounce/slice</td><td>7</td><td>37%</td><td>21%</td></tr><tr><td>Hummus</td><td>1/3 cup</td><td>7</td><td>37%</td><td>21%</td></tr><tr><td>Peanut butter</td><td>2 tablespoons</td><td>7</td><td>37%</td><td>21%</td></tr><tr><td>Eggs</td><td>1 large</td><td>6</td><td>32%</td><td>18%</td></tr><tr><td>Nuts</td><td>1/4 cup</td><td>6</td><td>32%</td><td>18%</td></tr><tr><td>Whole grain bread</td><td>2 slices</td><td>6</td><td>32%</td><td>18%</td></tr><tr><td>Yogurt</td><td>1 (6 ounce) container</td><td>5</td><td>26%</td><td>15%</td></tr><tr><td>Quinoa, cooked</td><td>1/3 cup</td><td>3</td><td>16%</td><td>9%</td></tr><tr><td>Rice or pasta, cooked</td><td>1/3 cup</td><td>3</td><td>16%</td><td>9%</td></tr></table>					High-Protein Food Sources					Food	Serving	Protein (grams)	Age 4 to 8	Age 9 to 13	Chicken, meat, or fish	3 ounces	21	111%	62%	Lentils or beans, cooked	1/2 cup	9	47%	27%	Milk or soy milk	1 cup	8	42%	24%	Tofu	1/4 cup	7	37%	21%	Cheese	1 ounce/slice	7	37%	21%	Hummus	1/3 cup	7	37%	21%	Peanut butter	2 tablespoons	7	37%	21%	Eggs	1 large	6	32%	18%	Nuts	1/4 cup	6	32%	18%	Whole grain bread	2 slices	6	32%	18%	Yogurt	1 (6 ounce) container	5	26%	15%	Quinoa, cooked	1/3 cup	3	16%	9%	Rice or pasta, cooked	1/3 cup	3	16%	9%
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Next appointment

I'd love to receive an update on Aiden's progress in a month's time. I know you will be in London, but please check in via whatsapp!

Please be in touch in between with any updates or feedback on the new supplement regime.

Ideally, following this protocol strictly for **3 months** is advised and a retest of the hair should be done at that point.

This is particularly important in a child as:

1. The protocol is not as 'intense' and it is important to see if changes are occurring and adjust accordingly in a targeted and safe manner
2. These are important formative years of a child's life and the more 'work' that we do at this time, the easier it will be for him to grow and thrive into the future.

Next Appointment Goals:

- Review changes since supplement introduction.
- Discuss how the protein integration is going.
- Discuss implementation of food chart and reward system for eating "growing foods", "brain foods", "energy foods" and "NEW energy foods I have tried"
- Review how Aiden is feeling, his goals and how I can further support him.