



**naturally
anew**

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Jamie Mains #3

Treatment Goals (short-term)

1. **Dampen chronic inflammation** *via* reducing pro-inflammatory cytokines and resolving inflammatory pathways to support nutrient absorption and reduce histamine response and reactivity
2. **Support digestive function** *via* invigorating digestive secretions and bile production to encourage complete digestion, absorption and assimilation of macro and micronutrients
3. **Support energy and motivation** *via* supporting the hypothalamus-pituitary-adrenal (HPA) axis, reducing SNS (Sympathetic Nervous System) dominance, and increasing ATP energy production to enhance energy processes and stress resilience
4. **Support sleep** *via* balancing cortisol, and boosting calming neurotransmitters (GABA) to promote deeper sleep patterns

Treatment Goals (long-term)

1. Reduce chronic inflammation to reduce 'allergic' reactivity and improve food tolerance
2. Support GIT health to increase and maintain nutrient retention
3. Maintain energy levels to support mood, motivation and continued health
4. Support hormonal regularity
5. Support stress and sleep

JAIMIE'S Overall Protocol

Including any adjustments to previous prescriptions

Morning/Night (empty stomach, away from food and tea/coffee)

1. Take 1 x Biome Iron Probiotic

Morning, right before breakfast:

1. Take 1 x Rapid D (till this bottle finished, then will reasses dosage, LMK)
2. Take 1 x Sublingual B12
3. Take 1 scoop of MagTaur
4. Take 2 x Opti EPA/DHA Plus SPM

Meals:

1. **Breakfast:** Take 20 drops of Iberogast/1 tab Enterozyme at beginning of meal.
2. **Lunch:** Take 20 drops of Iberogast/1 tab Enterozyme at beginning of meal.
3. **Dinner:** Take 20 drops of Iberogast/1 tab Enterozyme at beginning of meal.

Evening, around dinnertime

1. INCREASE to 1 scoop Gut-R
2. Take 2 x Opti EPA/DHA Plus SPM

Bedtime, if needed

Take MagCalm or MagRelax

**HOLD OFF ON the Probiotica Regenex until next session*

New Supplement Shopping List

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

Opti EPA/DHA Plus SPM | \$27.80 via [Vital.ly](https://vital.ly)

Enterozyme* | \$52.15 via [Vital.ly](https://vital.ly)

MagCalm* | \$36.95/\$59.95 OR MagRelax* | \$36.50 via [via Vital.ly](https://vital.ly)


***OPTIONAL PRODUCTS, as discussed**


Treatment Plan



Herbal

Product	Prominent Herbs	Intent	Instruction
Iberogast (liquid) by Flordis  Purchase from Chemist Warehouse or Vital.ly	<i>Iberis amara</i> Bitter candytuft <i>Angelica archangelica</i> Angelica Root <i>Matricaria chamomilla</i> Chamomile <i>Carum carvi</i> Caraway <i>Melissa officinalis</i> Lemon balm <i>Mentha x piperita</i> Peppermint <i>Silybum marianum</i> St Mary's Thistle <i>Chelidonium majus</i> Greater celandine	Bitter herbs stimulate the release of bile from the liver and gallbladder increase the time that food spends in the stomach macerating in the stomach acid to break food particles into smaller, more easily digestible pieces; and increase intestinal mobility and function so that nutrients are absorbed, and waste products are eliminated in a more efficient way.	Take 20 drops in water right before meals.
OR			OR
Enterozyme (tablets) by Biopractica \$52.15  Purchase from Vital.ly	<i>Gentian Luteana</i> Gentian <i>Zingiber officinalis</i> Ginger <i>Ananas comosus</i> Pineapple	Digestive herbs can help alleviate bloating, gas, and indigestion by soothing the gastrointestinal tract and promoting healthy digestion. Additionally, these herbs may also possess anti-inflammatory properties, potentially reducing discomfort associated with digestive issues.	Take 1 tablet with meals (ideally 15 minutes before)

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>Opti EPA/DHA Plus SPM (capsules) by Bioclinic Natural \$94.90 (Large)</p>  <p>Order through Vital.ly</p>	<p>Omega 3 (Fish Oil): <i>Eicosapentaenoic acid</i> (EPA) <i>Docosahexaenoic acid</i> (DHA)</p>	<p>DHA and EPA are long-chain omega-3 fatty acids with well-documented <u>anti-inflammatory properties</u>. They decrease the production of pro-inflammatory cytokines such as TNF-α, IL-1β, and IL-6. Inflammatory conditions in the GI tract can impair iron absorption. By reducing inflammation, DHA and EPA may help improve the absorption of iron and other nutrients. These omega-3 fatty acids can positively influence the gut microbiota composition and support mucosal healing, reducing inflammation.</p>	<p>Take 2 capsules, 2 x daily, with food, ideally a full meal.</p>
	<p>Specialised resolving mediators (SPMs), also Omega 3: <i>Docosapentaenoic acid</i> (DPA)</p>	<p>DPA is an omega-3 fatty acid that plays a critical role in the body's inflammatory response. As a SPM, DPA contributes to the <u>resolution</u> phase of inflammation, helping to restore tissue homeostasis and prevent chronic inflammation. SPMs, including DPA, actively orchestrate the cessation of inflammation, promoting the clearance of inflammatory cells and the repair of tissues.</p>	

Product	Hero ingredients	Intent	Instruction
<p>Gut-R (powder) by Orthoplex White</p>  <p>\$73.80 through Vital.ly or pickup</p>	<p>Glutamine</p>	<p>Heals gut damage by providing fuel for intestinal mucosal cells and hepatocytes, rapidly increasing cells of the immune system and protecting cells against stresses during normal and pathogenic conditions.</p>	<p>INCREASE dose to 1 scoop of powder in water with your evening meal.</p>
<p><i>Curcuma longa</i> Turmeric</p>	<p>Potent broad spectrum anti-inflammatory and antioxidant that promotes beneficial bacterial strains and improved intestinal barrier function.</p>		
<p>Quercetin dihydrate</p>	<p>Antihistamine and Antioxidant support with drainage and detoxification effects on unwanted pathogens and toxins. Also shown to protect the gut from damage.</p>		
<p>Retinol acetate (Vitamin A)</p>	<p>Helps regulate lining tissue in the gut and skin offering mucus membrane support, positively altering microbial composition, and improving immune function.</p>		
<p>Zinc carnosine</p>	<p>In this composition, zinc regulates intestinal immunity supporting intestinal integrity, acts as an anti-inflammatory and mucosal cytoprotectant.</p>		

Product	Hero ingredients	Intent	Instruction
<p>* MagCalm (powder) by Orthoplex \$36.95 (210g) \$59.95 (420g)</p>  <p>Order through Vital.ly</p>	<ul style="list-style-type: none"> • Magnesium glycinate • Glycine • Taurine • <i>Passiflora incarnata</i> (Passionflower) ext. • <i>Melissa officinalis</i> (Lemon balm) ext. 	<p>These <u>nutrients</u> and <u>herbs</u> support relaxation and stress reduction by promoting the production of GABA, a neurotransmitter that calms the nervous system and enhances sleep quality. These ingredients help to alleviate anxiety, improve mood, and reduce physical tension, making it easier to fall asleep and stay asleep. Their combined effects contribute to overall mental clarity and a sense of tranquility, aiding in stress management and better sleep.</p>	<p>Take 2 scoops* in water an hour before bed.</p> <p>*Once you've tried you can experiment with half doses as well, may be enough for you.</p>
<p>* MagRelax (powder) by Give Back Health \$36.50 (160g)</p>  <p>Order through Vital.ly</p>	<ul style="list-style-type: none"> • Magnesium citrate • L-glycine 	<p>This simple <u>nutrient only</u> formula includes ingredients to support sleep and stress relief by relaxing muscles and calming the nervous system, and enhancing the effects of GABA. Together, they improve sleep quality and help manage stress by creating a more tranquil and restful state.</p>	<p>Take 1 scoop in water an hour before bed.</p>

* This intervention is optional. If you would like extra support getting to sleep.

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
Tea/Coffee Aim to drink tea/coffee between meals to support optimal iron absorption.	Finish drinking tea/coffee 1 hour before meals, and resume 1 hour after meals. Drinking tea over an hour after meals was shown to not impact absorption. If you'd like to drink tea closer to meals try herbal teas like chamomile or passionflower which should not interfere.	Tea/coffee interferes with iron absorption mainly through its polyphenolic compounds, including tannins, which are abundant in both black and green tea. When these polyphenols come into contact with non-heme iron in the digestive tract, they form stable, insoluble complexes that the body cannot absorb. Studies indicate that the presence of tea can reduce the absorption of non-heme iron by up to 60-70%.
Goat's Milk Increase low Hemoglobin levels with goat's milk	Try and substitute cow's milk for goat's milk in your diet. Ideally consuming 1/2 to 1 cup a day. If the taste is not easy to transition to, try to include it in your smoothie, turmeric latte, coffee, tea or cooking.	Hemoglobin is reflective of our ability to transport oxygen around the body, and when it is low it is indicative of anemia. If someone has low hemoglobin, then including goat's or sheep's dairy into their diet is beneficial as it has been shown to: <ul style="list-style-type: none">• Increase iron bioavailability• Does not interfere with iron absorption like cow's milk does• Restore iron levels in the liver and spleen• Contains vitamin A, which allows for iron to be used in hemoglobin synthesis• Supports hemoglobin synthesis and regeneration efficiency Fermented goat dairy often has the probiotic ' <i>Streptococcus thermophilus</i> ', which may synthesize folate and therefore improve hemoglobin status.

Lifestyle

Intervention	Instruction	Intent
Sleep hygiene	<p>Aim to sleep 8 hours per night</p> <p>You can consider Blue-light blocking glasses/lamp</p> <p>Blue-light blocker: Aims to 'reset' your circadian rhythm by blocking blue-light which can interfere with the body's production of melatonin, a hormone that regulates sleep-wake cycles. By minimizing exposure to blue light, particularly in the evening, individuals can experience better-quality sleep, working' against the body's confusion of fasting.</p>	<p>Adequate sleep is essential for cognitive function, including memory consolidation, learning, and problem-solving abilities. During sleep, the brain processes and stores information gathered throughout the day, facilitating learning and enhancing cognitive performance.</p> <p>Moreover, sufficient sleep supports emotional regulation and mental health.</p> <p>Additionally, sleep is essential for hormone regulation, including hormones involved in appetite regulation, metabolism, and stress response. Adequate sleep helps maintain a healthy balance of hormones, promoting metabolic health, appetite control, and stress resilience.</p> <p>Furthermore, sleep plays a crucial role in promoting longevity and overall quality of life. Consistently obtaining sufficient sleep is associated with a lower risk of mortality and improved overall health outcomes</p>

Next appointment

I'd love to see you again in 6-8 weeks to see how you're feeling.

Future Appointment Goals:

- Follow up on your sleep, energy levels, allergic reactions, bloating, menstrual cycle and mood.
- Review treatment protocol and track changes
- Make adjustments to treatment protocol and setup for next 6-8 weeks.