



**naturally
anew**

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Aliza

Treatment Goals (short-term)

1. Support baby's atopy *via* optimising mother's health **to** support infant needs via breastfeeding transference
2. Support blood sugar regulation, mood and ovarian health *via* improving insulin resistance, reducing stored fat and supporting second messenger (neurotransmitter/mood) signalling pathways **to** encourage cellular glucose entry rather than continuous circulation through bloodstream, serotonin uptake and hormonal balance.
3. Reduce inflammation *via* balancing microbiome, increasing short-chain-fatty acids, supporting gut lining integrity and detoxification pathways **to** reduce atopic reactivity in mother and baby.
4. Support elimination diet *via* ensuring adequate micro and macro-nutrient intake **to** optimise health, energy and atopy of mother and baby

Treatment Goals (long-term)

1. Support GIT health, post doctors investigation
2. Further support thyroid health, post pathology results
3. Support immune regulation
4. Support liver function and reduce toxic load
5. Support adequate nutrient levels
6. Reduce eczema in baby
7. Reduce food intolerances in baby, supporting (re)introduction

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
N/A			

Further comments:

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>ImmunoBalance Biotic (Aliza) by Orthoplex White \$89.96</p>  <p><i>Vegan, capsules</i> <i>Free from gluten, dairy, sulfites and soy protein</i></p> <p>1 bottle = 2 month supply</p>	<p>Probiotic including strain</p> <ul style="list-style-type: none">• <i>Lactobacillus rhamnosus GG (ATCC 53103)</i>• <i>Lactobacillus paracasei LP-33[®]</i>• <i>Lactobacillus fermentum GMNL-93.</i>	<p><i>Lactobacillus rhamnosus GG (ATCC 53103)</i> is a well-researched probiotic strain known for its ability to enhance gut barrier function and modulate the immune system. It has been shown to reduce the risk of atopic dermatitis (eczema) in children, and it may help alleviate symptoms of food allergies and intolerances by promoting a balanced gut microbiota.</p> <p><i>Lactobacillus paracasei LP-33[®]</i> is recognized for its role in supporting immune health, particularly in reducing allergic symptoms like hay fever and eczema. It helps modulate the body's immune response, which can be beneficial for managing allergies and improving overall gut health in both children and adults.</p> <p><i>Lactobacillus fermentum GMNL-93</i> has shown promise in reducing inflammation and supporting immune function. It may help manage allergic reactions and improve skin conditions like eczema by maintaining a healthy gut microbiome. This strain can be particularly beneficial for individuals with food intolerances by improving gut health and reducing inflammatory responses.</p>	<p>Aliza: Take 1 capsule, 1 x a day with food.</p> <p>REFRIGERATE</p> <p>*Can remain stable for 7 days out of the fridge.</p>

Product

MultiGen Biotic Powder (Lena & Nosson)

by Orthoplex White
\$54.85



Vegan, powder
Free from dairy, D-lactate, magnesium stearate, gluten, egg, soy protein and sulfites

1 bottle = 1-2 month supply

Hero ingredients

Probiotic *including strains*

- *Lactobacillus rhamnosus (HN001)*
- *Bifidobacterium longum (BB536)*
- *Bifidobacterium animalis ssp. lactis (BI-04)*
- *Lactobacillus paracasei (LPC-37)*

Intent

These strains are particularly beneficial when used in combination, as they work synergistically to support the developing immune and digestive systems of infants.

Lactobacillus rhamnosus (HN001): Known for its ability to strengthen the immune system, this strain has been shown to reduce the risk of developing eczema in infants and may help manage food intolerances.

Bifidobacterium longum (BB536): Supports a balanced gut microbiome, crucial for preventing allergic reactions and food intolerances, and may reduce the severity of eczema.

Bifidobacterium animalis ssp. lactis (BI-04): Known for supporting gut barrier function and immune modulation, this strain may help prevent allergic reactions and improve skin health.

Lactobacillus paracasei (LPC-37): Aids in immune regulation and has been linked to a reduction in allergic symptoms and skin conditions such as eczema.

& more.

Instruction

Lena: Take 1/2 scoop daily, in liquids or solid food.
Can build up to this dose.
if giving bottles, easy to add.
Can place on breast in shifts throughout the day.

Nosson: Start with 1/2 scoop, in cold liquid or solid foods.
Will look at increasing dose in the future.

REFRIGERATE

*Can remain stable for 14 days out of the fridge

Product

Hero ingredients

Intent

Instruction

Green Omega 3 (Aliza)

by Green Nutritionals

\$60.39



Vegan, capsules

1 bottle = 1.5 -3
month supply

Omega 3:

- Docosahexaenoic acid (DHA)
- Eicosapentaenoic acid (EPA)

Derived from :
Schizochytrium sp.
(Microalgae oil)

Microalgae oil is a rich source of DHA and EPA, essential omega-3 fatty acids that **support skin health** and **reduce inflammation**.

These fatty acids, are particularly beneficial for managing conditions like eczema and food intolerances in both children and adults, as they help maintain the skin barrier and modulate immune responses.

Compared to fish oil, microalgae oil has the advantage of being a plant-based, sustainable source of omega-3s, free from the risk of oceanic contaminants like mercury. This makes it an excellent option for those seeking a vegan or environmentally friendly alternative.

Research shows that eczema sufferers also tend to have significantly lower levels of the omega-3 fatty acids, EPA and DHA, in their systems.

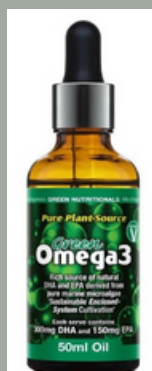
Aliza: Take 1 capsule in the morning, with food and Take 1 capsule in the evening, with food.

1 cap x 2/day

Green Omega 3 (Nosson)

by Green Nutritionals

\$30.20



Vegan, capsules

1 bottle = 1.5 month
supply

Nosson: Take 1/2 dropper full, 2 x day, with food.

1/2 dropper x
2/day

Product

Myo-Inositol (Aliza)

by Orthoplex White

\$37.70



Vegan, powder

Free from gluten,
dairy, corn, soy and
sulfites

1 bottle = 1 month
supply

Hero ingredients

Inositol

Intent

Post-Gestational Diabetes:

After pregnancy, women with gestational diabetes often experience lingering insulin resistance. Inositol's role in modulating insulin signaling helps restore normal glucose metabolism in the postpartum period. Myo-inositol, in particular, has been shown to reduce the incidence of type 2 diabetes in women with a history of gestational diabetes by improving insulin sensitivity, glucose cellular uptake, and reducing oxidative stress, which is a contributor to continued metabolic dysfunction.

Weight Maintenance:

Inositol's ability to enhance insulin sensitivity plays a critical role in weight management by preventing the hyperinsulinemia that often leads to fat storage, particularly in the abdominal area. Additionally, inositol may influence adiponectin, a hormone involved in regulating glucose levels and fatty acid breakdown, further supporting weight management.

Mood and Mental Health:

Inositol plays a role in the production of neurotransmitters like serotonin, which are crucial for mood regulation. Clinical studies have shown that inositol supplementation can reduce symptoms of anxiety and depression.

Instruction

Aliza: Take 2 scoops in the morning and evening, away from food.


2 scoop x 2/day

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.
- Please discontinue all supplements at least 1 week before any procedure/surgery and disclose/discuss all supplements/herbs with your doctor.
- 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
Increase water intake (3L)	<p>Aim for 3L of mineral water daily.</p> <ul style="list-style-type: none">• Room temperature water is ideal as it causes the least stress on the body and requires minimal additional adjusting of the organs to temperature variations, conserving your cellular energy for 'important' things.• Drinking while in a sitting position also supports ideal water ingestion and flow to the stomach.• Avoid drinking alot with meals, try only drinking small sips if needed and drink majority of water around meals.	<p>Staying hydrated while breastfeeding is crucial as water is essential for maintaining an adequate milk supply and ensuring that both the mother and baby receive the necessary nutrients. Proper hydration also helps the mother stay energized, supports mood stability, and aids in the body's recovery postpartum.</p> <p>Water is important not only to flush out your system for daily environmental toxin exposure but it also supports most processes in the body including cellular, circulatory, and temperature regulation. Water is essential for digestive health by aiding in the breakdown of food, promoting nutrient absorption, and preventing constipation.</p> <p>Monitor your hydration status by paying attention to your urine. Clear or pale yellow is a sign of good hydration. Note, upon awakening it is expected that urine is a stronger yellow colour, diluting further throughout the day.</p>

Intervention	Instruction	Intent
<p>Include fibre in your diet.</p>	<p>The Australian Dietary Guidelines recommends approximately 25g of fibre per day, minimum, with Naturopathic ideal levels ultimately at 38g/day.</p> <p>Most people do not achieve this.</p>	<p>Fibre has many functions in the body improving stool consistency and passage. Many good quality fibres are also prebiotics, which act as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity. They can also be fermented by this beneficial bacteria to produce short-chain fatty acids (SCFAs) which, among other things, reduce gastric inflammation and support barrier integrity.</p>
<p>Remember to include protein at every meal.</p> <p>Protein Powder Recommendations:</p> <ul style="list-style-type: none"> • Amazonia Raw Paleo Protein Gentle Digest • Amazonia Raw Protein Slim & Tone <p>Can be purchased through me or found locally.</p>	<p>One palm sized portion of protein per meal is the aim (0.8 grams of protein per kilo of body weight per day).</p>  <p>Breakfast: Smoothie + Protein powder, Veggie burger (Coles says possible traces of Soy -- is that ok?) + sauteed greens</p> <p>Lunch: Salad + Fish, Quinoa, Soup + lentils, beans, meat, or leftovers.</p> <p>Dinner: As usual</p>	<p>Protein is essential for normal body function and is involved in producing important molecules including; neurotransmitters for stress and mood, cellular growth and repair for healing and immunity, nutrient transport to keep your body function optimal, energy production and satiety to assist with weight management, body composition and overall metabolic function.</p> <p>See last pages for some food ideas focusing on vegan protein/fibre. I know this is difficult while off dairy/eggs/soy but hopefully you can find some ideas.</p>

Lifestyle

Intervention	Instruction	Intent
Move!	Keep up what you're doing with slow increases as you get your energy up.	<p>Even a 2-5 minute stroll after meals can significantly enhance glucose metabolism, lowering blood sugar levels.</p> <p>This short burst of movement helps stimulate muscle contractions facilitating glucose uptake from the bloodstream.</p>

Intervention	Instruction	Intent
Further Testing: Pathology (through GP)	<ol style="list-style-type: none">1. Vitamin D2. Iron (Ferritin + other markers)3. Full Thyroid Panel (based on history)4. Metabolic Markers including Liver, Homocysteine5. Inflammation (esp based on recent stool/blood)6. Ideally other nutrients like: Zinc, B12, Folate <p>Referral or further testing on GI health.</p>	

Next appointment

I'd like to see you again in 3 weeks, when you'll hopefully have more pathology results and we can move forward with next stage of intervention (Week of September 2nd).

Appointment Goals:

- Review pathology
- Assess nutrient levels and deficiencies
- Consider what other areas need support, possible gut and liver
- Consider HTMA Hair Mineral Test to assess toxic burden and nutrient ratios
- Monitor food intolerances/eliminations and support reintroduction when ready
- Check in on Lena's health

Disclaimer

All advice mentioned in this report is personalised to the patient based on an extensive consultation and cannot and should not be applied to any other individual. If any information about the patient changes, like a new medical condition, pregnancy, or additional pharmaceutical, herbal or nutritional medicine, it is pertinent that the patient inform the practitioner and cease this protocol until a new consultation can be had.

Any Questions?

If you have any questions directly related to this report, please reach out via email at dina@naturallyanew.com.

More information

Protein

Education

Vegan sources of protein

Protein plays an essential role in the body, providing energy and aiding in the growth and repair of muscles, bones, skin and hair.

Recommended Daily Intake (RDI) for protein



Age 19-70 M
0.84g/kg
body weight



Age 70 M
1.07g/kg
body weight



Age 19-70 F
0.75g/kg
body weight



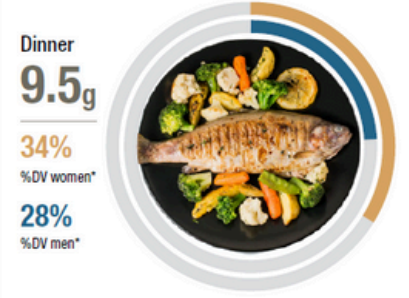
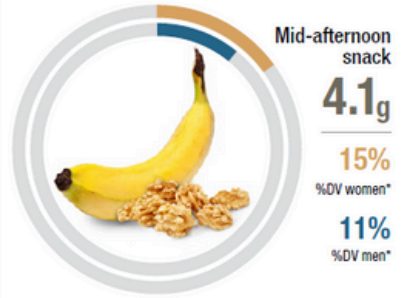
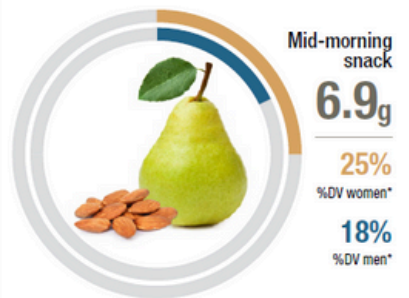
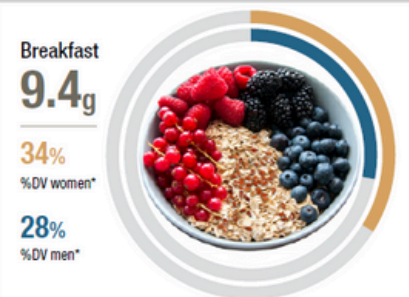
Age 70 female
0.94g/kg
body weight



Food (serving size)	Protein (g)	Energy (kJ)
Soybeans , boiled 1 cup (172 g)	29	1,248
Tofu , firm, raw, ½ cup (126 g)	22	760
Peanuts , raw, ½ cup (73 g)	19	1,735
Tempeh , cooked, 100 g	19	821
Lentils , boiled, 1 cup (198 g)	18	961
White/Cannellini beans , boiled, 1 cup (180 g)	17.4	1,043
Adzuki beans , boiled, 1 cup (230 g)	17.3	1,231
Pinto beans , boiled, 1 cup (171 g)	15.4	1,026
Kidney beans , cooked, 1 cup (177 g)	15.3	942
Chickpeas , cooked, 1 cup (164 g)	14.5	1,126
Oats , raw, 1 cup (95 g)	12.5	1,505
Edamame , in pod, cooked, 1 cup (93 g)	11.1	470
Hemp seeds , 3 tbsps (30 g)	9.4	816
Pumpkin seeds , ¼ cup (28 g)	9	660
Quinoa , cooked, 1 cup (185 g)	8	928
Soy milk , regular, 1 cup	6.4	438
Almonds , raw ~ 23 nuts (28 g)	6	687
Pistachios , raw ~ 50 nuts (28 g)	5.7	664
Flax seeds , 3 tbsps (28 g)	5.2	632
Sunflower seeds , 3 tbsps (25 g)	5.2	611
Cashew nuts , raw ~ 20 nuts (28 g)	5.1	649
Sesame seeds , 3 tbsps (28 g)	5	664
Chia seeds , 3 tbsps (28 g)	4.7	577
Oat milk , 1 cup (243 g)	4.7	544
Brown rice , medium grain, cooked, 1 cup (195 g)	4.5	913
Walnuts , raw ~ 14 halves (28 g)	4.3	776
Spirulina , dried, 1 tablespoon (7 g)	4	85
Peanut butter , no added sugar, 1 tablespoon (16 g)	3.9	394
Broccoli , raw, chopped, 1 cup (96 g)	3	130

Fibre

FOOD	SERVING SIZE	SOLUBLE FIBRE (G)	INSOLUBLE FIBRE (G)	TOTAL FIBRE (G)	%DV
Lentils, cooked	½ cup	3.3	4.5	7.8	Women: 28% Men: 21%
Pinto beans, cooked	½ cup	5.5	1.9	7.4	Women: 26% Men: 19%
Artichoke (globe or french), hearts cooked	½ cup	5.2	2.0	7.2	Women: 26% Men: 19%
Black beans, cooked	½ cup	3.8	3.1	6.9	Women: 25% Men: 18%
Wholegrain pasta, cooked	1 cup	4.1	2.2	6.3	Women: 23% Men: 17%
Kidney beans, cooked	½ cup	2.9	2.9	5.8	Women: 21% Men: 15%
Pear, with skin	1 medium	1.1	4.4	5.5	Women: 20% Men: 14%
Broccoli, cooked	1 cup	2.6	2.9	5.5	Women: 20% Men: 14%
Apple, with skin	1 medium	3.2	1.2	4.4	Women: 16% Men: 12%
Green peas, cooked	½ cup	3.2	1.2	4.4	Women: 16% Men: 12%
Lima beans, cooked	½ cup	2.1	2.2	4.3	Women: 15% Men: 11%
Barley, cooked	½ cup	3.3	0.9	4.2	Women: 15% Men: 11%
Okra, cooked	½ cup	3.1	1.0	4.0	Women: 14% Men: 11%
Oatmeal, cooked	1 cup	2.4	1.6	4.0	Women: 14% Men: 11%
Passion fruit, purple, pulp	2 fruits	2.0	1.8	3.8	Women: 14% Men: 10%
Blackberries	½ cup	3.1	0.07	3.8	Women: 14% Men: 10%
Brussel sprouts, cooked	1 cup	1.7	1.9	3.6	Women: 13% Men: 9%
Orange	1 medium	2.1	1.3	3.4	Women: 12% Men: 9%
Kiwi fruit	1 large	2.4	0.8	3.2	Women: 11% Men: 8%
Raspberries	½ cup	0.9	2.3	3.2	Women: 11% Men: 8%
Prunes, dried	4 medium	1.3	1.8	3.1	Women: 11% Men: 8%
Strawberries	1 cup	1.2	1.8	3.0	Women: 11% Men: 8%
Sunflower seeds, kernels, dried	¼ cup	1.1	1.9	3.0	Women: 11% Men: 8%
Potato with skin, baked	1 medium	1.5	1.5	3.0	Women: 11% Men: 8%
Wholegrain bread	1 slice	2.8	0.1	2.9	Women: 10% Men: 8%
Banana	1 medium	2.1	0.7	2.8	Women: 10% Men: 7%
Quinoa, cooked	½ cup	1.1	1.5	2.6	Women: 9% Men: 7%
Carrots, raw	1 medium	1.1	1.5	2.6	Women: 9% Men: 7%
Kale, chopped, cooked	1 cup	0.8	1.8	2.6	Women: 9% Men: 7%
Zucchini, sliced, cooked	1 cup	1.3	1.2	2.5	Women: 9% Men: 7%
Flaxseeds	1 tbsp.	1.3	1.1	2.4	Women: 9% Men: 6%
Figs, dried	3 (24g)	1.4	1.0	2.4	Women: 9% Men: 6%
Avocado	¼ (50g)	1.3	0.8	2.1	Women: 8% Men: 6%
Blueberries	½ cup	0.85	1.25	2.1	Women: 8% Men: 6%
Sweet potato with skin, baked	1 small	1.1	0.9	2.0	Women: 7% Men: 5%
Green string beans, cooked	½ cup	0.8	1.2	2.0	Women: 7% Men: 5%
Plums	2 fruits	1.0	0.8	1.8	Women: 6% Men: 5%
Almonds, raw	10 kernels	0.2	1.2	1.4	Women: 5% Men: 4%
Brown rice, cooked	½ cup	1.3	0.1	1.4	Women: 5% Men: 4%
Walnuts, raw, shelled	10 halves	0.2	1.1	1.3	Women: 5% Men: 3%
Tomato with skin	1 medium	0.3	1.0	1.3	Women: 5% Men: 3%



RAINBOW

FIBRE

Many fruits and vegetables are excellent sources of fiber. Here are some high-fiber options:

fruit

- Raspberries: Approximately 8 grams of fiber per cup.
- Pears: About 5.5 grams of fiber per medium-sized pear.
- Apples: Roughly 4.5 grams of fiber per medium-sized apple with skin.
- Bananas: Around 3 grams of fiber per medium banana.
- Oranges: Approximately 3 grams of fiber per medium orange.
- Strawberries: About 3 grams of fiber per cup.
- Avocados: Roughly 10 grams of fiber per medium avocado.
- Figs: About 1.5 grams of fiber per medium fig.

veg

- Artichokes: Approximately 10 grams of fiber per medium artichoke.
- Broccoli: Around 5 grams of fiber per cup, cooked.
- Brussels Sprouts: About 4 grams of fiber per cup, cooked.
- Carrots: Roughly 4 grams of fiber per cup, raw.
- Beets: Approximately 3.8 grams of fiber per cup, cooked.
- Sweet Potatoes: Around 4 grams of fiber per medium sweet potato with skin.
- Spinach: About 4 grams of fiber per cup, cooked.
- Cauliflower: Approximately 3 grams of fiber per cup, raw.