

Treatment Plan for Ron Simeon

Date : 22.08.24



Patient Health Priorities : Reduce prostate enlargement. Improve health in general.

Short term

- Reduce prostate enlargement to support normal urination
- Reduce blood glucose levels (HbA1c)
- Reduce musculoskeletal pain (including hip)
- Reduce ferritin
- Improve vitamin D levels
- Improve liver function

Long Term

- Support prostate health to prevent further issues with prostate enlargement or urination
- Support bowel health to reduce risk of colon cancer
- Reduce frequency of occurrence of gout flare ups to improve quality of life
- Improve metabolic health by reducing BMI
- Reduce cardiovascular risk to prevent future cardiovascular events
- Support liver health to prevent side effects of statin medications
- Manage diabetes to reduce the risk of future cataracts, heart failure and vascular disease

Nutrition Overview for Ron Simeon

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Include the following foods...		Target
Fibre	Soluble fibre – fruit and vegetables, barley, seed husks, flaxseed, psyllium, oat bran, legumes (lentils, peas, dried beans, soy) Insoluble fibre – wheat bran, corn, rive, skins and fruit and vegetables, dried teas, nuts, seeds, wholegrain foods Resistant starch – unripe banana, lentils, unprocessed cereals and grains, cooked and cooled potato and rice	30g/day
Water		2L/day
Protein	Optimal sources – poultry (chicken, turkey, duck), seafood, eggs, lean meats Plant sources – quinoa, chickpeas, lentils, nuts, seeds, peas, beans, tempeh, hemp seeds, hemp protein powder Limit – dairy, red meat, processed meats (bacon, sausages, deli meats)	30g/meal
Healthy fats	Fatty fish – salmon, mackerel, anchovies, sardines, herring; flaxseed/linseed, chia seeds, walnuts, olive oil, eggs,	
Fatty fish	salmon, mackerel, anchovies, sardines, herring	2-3 serves (150g) of fish per week
Flaxseed/ Linseed		

Track your intake using the Easy Diet Diary app (free download)



Eliminate or limit the following foods...	
Saturated Fat	fried foods, dairy products, coconut oil, butter, takeaway foods, bakery goods, commercial biscuits and crackers, fat on meat, ghee, lard, palm oil, sausages, cured meats, ice cream, milkshakes, chocolate
Seed oil	Eliminate – Canola oil, sunflower oil, corn oil, safflower oil, grape-seed oil, rice bran oil, cottonseed oil, sesame oil,
Sugar	Eliminate – Soft drink, juice, lollies, ice cream, honey, some breakfast cereals
High GI Foods	Reduce – bread, white rice, bakery goods, breakfast cereal, hot chips, muesli bars, pasta, crackers, rice cakes, lollies, juice, jelly, ice cream, desserts, soft drinks
Oysters	Eliminate/avoid
Iron-rich foods	Haem iron sources : meat (beef, lamb, pork, kangaroo) and organ meats (liver, kidney, pate)
Alcohol	Reduce
Purines	Reduce – yeast, shellfish, organ meats, offal, alcohol (esp beer)

Prescription Overview for Ron Simeon

Date : 22.08.24

PRESCRIPTION	Breakfast	Lunch	Dinner	Bedtime
Nutrient Compound	3g in water With food		3g in water With food	
BioCeuticals CoQ10 Excel	1			
Vitamin D			2 With food	
Herbal Prescription	5mL after food	5mL after food	5mL after food	

Herbal and nutrient prescriptions are individualised to your own health factors. They should only be taken by the person they are prescribed for.

Please advise your naturopath if you commence a new pharmaceutical medication as this may change your herbal/nutrient prescription.

Other reminders:

- **Movement** - 10 minutes of physical activity after each meal (eg. Walk, Wash the dishes, peg out some washing, vacuum the floor)
- **Sleep apnoea machine** - investigate different options available
- **Avoid aluminium cookware and foil**
- **Water intake** - 2L
- **Apple Cider Vinegar** - 1 teaspoon in a glass of water before meals

Detailed goals and rationale for Ron Simeon

Date : 22.08.24



HEALTH GOAL	RATIONALE & INFO	DOSE
Increase fibre to 30g per day to improve blood glucose levels, prevent bowel cancer, and maintain cholesterol reduction	• Balance gut microbiome to support immunity, support neurotransmitter production and reduce inflammation • Improve bowel function and hormone metabolism – excess hormones are bound to fibre and excreted during bowel movements • improves satiety which help with weight loss, also bind fats and lowers absorption of glucose through delaying gastric emptying • Soluble fibre reduces cholesterol reabsorption, improves hormone elimination and improves satiety, improves faeces bulk • Insoluble fibre bulks faeces, improves constipation and speeds up digestion • Resistant starch improves microbiome health to produce short chain fatty acids, which may protect against colon cancer and lower cholesterol levels Research - https://www.mdpi.com/2072-6643/12/3/859/htm Optimise dietary fibre • Soluble fibre – fruit and vegetables, barley, seed husks, flaxseed, psyllium, oat bran, legumes (lentils, peas, dried beans, soy) • Insoluble fibre – wheat bran, corn, rive, skins and fruit and vegetables, dried teas, nuts, seeds, wholegrain foods • Resistant starch – unripe banana, lentils, unprocessed cereals and grains, cooked and cooled potato and rice https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/dietary-fibre	Aim for 30g per day from a variety of sources of fruit, vegetables legumes, seeds and wholegrain. <i>Increase fibre intake gradually to avoid gastrointestinal side effects.</i> <i>Track your intake using the Easy Diet Diary app (free download).</i>

Increase water intake to 2L per day to support kidney and prostate health, and maintain bowel function	Improve bowel function by increasing water intake to normalise stool consistency and transit times (which will improve cholesterol and hormone elimination) Proper hydration helps dilute urine and flush out toxins and waste products from the body, including the prostate, potentially reducing risk of infections and supporting kidney function to reduce the workload of the prostate. This is particularly important when increasing fibre in the diet. Fibre increases without adequate water intake may lead to constipation	2L per day
Reduce dietary iron intake	Reduce haem and non-haem sources of iron in the diet : Haem iron sources : meat (beef, lamb, pork, kangaroo), poultry (chicken, turkey, eggs), seafood (salmon, sardines, tuna) and organ meats (liver, kidney, pate) Non-haem sources : legumes (mixed beans, lentils, chickpeas), dark green leafy vegetables (spinach, silver beet, broccoli), tofu, nuts, seeds, dried fruit, wholemeal pasta and bread	
Avoid vitamin C during meals	Reduce iron absorption by decreasing the bioavailability of iron	

Decrease dietary saturated fats to reduce cholesterol, improve cardiovascular health and reduce inflammation	Excess saturated fats stimulate NF-κB signalling to increase inflammatory cytokines Saturated fats negatively alter microbiome by decreasing diversity, gram-negative species and short chain fatty acid production, while increasing pathogenic species Reduction of saturated fats: • reduces LDL cholesterol, total cholesterol and lowers with risk of cardiovascular events • Improves gastrointestinal microbiome diversity and short chain fatty acid production, leading to a reduction in inflammation • May lead to a small reduction of body weight Saturated fats are found in fried foods, dairy products, coconut oil, butter, takeaway foods, bakery goods, commercial biscuits and crackers, fat on meat, ghee, lard, palm oil, sausages, cured meats, ice cream, milkshakes, chocolate Research: https://doi.org/10.1093/advances/nmz125 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7388853/	
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Optimise intake of intake of healthy fats to provide energy, reduce inflammation, protect heart health and brain health	Include these sources of essential fatty acids in your diet on a regular basis: • flaxseed/linseed • chia seeds • walnuts • Hemp seeds, hemp seed oil • Olive oil • Fatty fish – salmon, mackerel, anchovies, sardines, herring Increase Omega-3 intake by inclusion of fatty fish of 2-3 serves per week, with a serve being 150g. Select fish high in Omega-3, including mullet, salmon (Atlantic or Australian), mackerel, sardine, rainbow trout, bream or silver perch. Research: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7875671/ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6117694/ https://doi.org/10.1111/j.1753-4887.2010.00287.x	Aim for 2-3 serves (150g) of fish per week
Reduce sugar intake to reduce inflammation and improve blood glucose levels	Reduce sugar – the high-dose fructose you get from desserts, honey, fruit juice, and dried fruit. There is no need to reduce fruit, as the fructose in fruit is lower dose and whole fruit contains fibre to slow the spike in blood sugar from fruit.	
Avoid dietary purines to reduce gout attacks	Purines include – yeast, shellfish, organ meats, offal, alcohol (esp beer). Purines are metabolised into uric acid, which in excess can form sharp uric acid crystals in the joints (also kidney stones).	
Move your body for 10 minutes after each meal to improve insulin sensitivity	Light intensity walking can reduce postprandial glucose and insulin levels. If you are unable to go for a short walk, try household activities to keep your body moving (vacuum, hang out the washing, spend 10 minutes tidying the house) Evidence : https://pubmed.ncbi.nlm.nih.gov/35147898/ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5610683/	

Include freshly crushed linseed/ flaxseed daily	Flaxseed (linseed) contains alpha-linolenic acid (ALA), lignins and fibre. Lignans are metabolised by intestinal bacteria , where <i>Lactobacillus casei</i>, <i>Lactobacillus acidophilus</i>, <i>Ruminococcus bromii</i> and <i>Ruminococcus lactaris</i> are important for metabolism. • Cardiovascular effects – reduction of circulating cholesterol, reduction of coronary artery disease, reduction of oxidation, reduction of ischemic heart disease, reduction of myocardial infarction, reduction of arrhythmias, reduction of inflammation, reduction of hypertension (30g/day) • Diabetes – reduction in blood glucose in patients with type II diabetes (from lignans) • Cancer prevention – protective effects (25g/day, crushed or milled) on breast, lung, colon, ovarian, endometrial, hepatocellular and cervical cancers • Alcoholic liver disease – supplementation can reduce the presence of <i>Proteobacteria</i> and <i>Porphyromonadaceae</i> in the gut microbiome Research : https://www.mdpi.com/2072-6643/11/5/1171 Crushing the seeds is required to make the lignins and ALA bioactive before consumption, however they will degrade if stored once crushed, therefore it is recommended to crush immediately before eating. The healthy oils (ALA) in flaxseed will not degrade with baking.	30g/day (crushed or milled)
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30g of protein with each meal to help regulate blood glucose levels	Protein supports hormone and neurotransmitter synthesis, and the growth of new tissue. It is crucial to maintain muscle mass. It can mitigate muscle mass losses and muscle function losses associated with sarcopenia. Optimal protein intake may help to improve energy balance due to its slow energy release, which can help to regulate blood glucose levels. Optimise dietary sources of protein <i>Complete protein sources</i> : lean meat, fish, seafood, eggs, dairy products, soy, quinoa, amaranth seeds <i>Plant sources</i> : seeds, nuts, legumes (lentils, beans, chickpeas, split peas), whole grain, tofus Minimum Target: MALE: Include 0.84g of protein per kilo of body weight per day Optimal intake: 1.3 – 1.8g of protein per kilo of body weight per day MALE : 105–145g per day Evidence : https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6566799/ https://doi.org/10.1093/ajcn/78.4.734	Aim for 30g per meal Hemp Foods Organic Hemp Gold Protein Add to smoothies or use to make chia seed puddings. Available from Osborne Health Supplies Track intake using the Easy Diet Diary app.
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Halve weekly alcohol intake to a maximum of 6 drinks per week	Alcohol can contribute to the development of diabetes (through both alcohol consumption and soft drink mixers) Increased alcohol consumption can increase iron absorption, resulting in iron deposits in the body and increased inflammation Alcohol consumption has a direct effect on the liver (ALT, GGT and AST are released from hepatocytes in response to liver damage). GGT is a marker of alcohol consumption. Alcohol increases the risk of cancer as it forms acetyl aldehyde and carcinogenic DNA adducts. Endotoxins travel from liver to gut where they degenerate the intestinal cell border, reducing nutrient absorption, increasing inflammation Increases risk of allergies, autoimmune disease, hepatic stress, inflammatory disease, bacterial dysbiosis, malnutrition Impacts B vitamin absorption which impacts esterification processes (B vitamins are unavailable for esterification of fat soluble vitamins, leading to deficiency of Vit A, Vit D, Vit E) Regular alcohol consumption is associated with pancreatitis, osteoporosis, erectile dysfunction, psoriasis, dementia, cerebral haemorrhage, fatty liver disease, cirrhosis, liver cancer, gastrointestinal cancer, pneumonia, pulmonary tuberculosis, hypertension and cardiomyopathy. Research: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6826798/	MAX 6 drinks per week Must taper down slowly to avoid dangerous withdrawal effects May need to change your environment to achieve your goal of reducing/eliminating alcohol use Due to diabetes, try to have alcohol neat or with soda water to avoid high sugar in mixers
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Improve Vitamin D status through supplementation and sunlight exposure	Improves immune function through improved gene expression of antimicrobial peptides involved in regulation of many genes in insulin production & secretion Improves mood through improved regulation of serotonin Reduces gastrointestinal inflammation Reduces the risk of autoimmune disease Deficiency is associated with higher musculoskeletal pain Supplementation : Vitamin D is a fat-soluble vitamin, meaning it needs fat for proper absorption from your gut into the bloodstream. Taking your vitamin D supplement with a meal or snack that contains healthy fats can significantly improve absorption. Examples of healthy fats include avocado, nuts, seeds, olive oil, and fatty fish. Sunlight exposure : Summer : Expose arms to sunlight for 6-7 minutes in mid-morning or mid-afternoon on most days . Winter : Expose as much bare skin as possible to sunlight for 7-40 minutes at lunchtime on most days <i>Download the SunSmart app to find out the UV index at anytime : www.sunsmart.com.au</i> Dietary Vitamin D sources: fatty fish, eggs, yoghurt, beef liver, chestnut mushrooms, pork chops, fortified milk Evidence: https://doi.org/10.1097/MD.00000000000012662 https://doi.org/10.5694/mja11.10301	Take 2000IU daily with meals Increase sun exposure at safe times
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CoEnzyme Q10 supplementation (BioCeuticals CoQ10 Excel) to inhibit cholesterol oxidation	Improve cellular energy production: CoQ10 supports healthy mitochondrial function by assisting with energy production and protecting mitochondrial membranes from free radical damage. Heart health: Mitochondria are abundant in cardiomyocytes, providing adequate ATP production for healthy cardiovascular function. CoQ10 may reduce the oxidation of LDL cholesterol. Its protective effects of LDL oxidation may be in part due to its potent free radical scavenging activity in lipid and mitochondrial membranes. CoQ10 may also help to support healthy blood pressure in healthy people, by improving endothelium-dependant vasodilation and beta-adrenoceptor-mediated arterial relaxation.	Take 1 capsule daily
Herbal Prescription	Enhance insulin secretion and sensitivity to reduce symptoms of hyperglycaemia (diabetes) using hypoglycaemic herbs Reduce pain affecting joints and connective tissue Protect liver hepatocytes against toxic damage and increase liver bile production Inhibit cellular proliferation in prostate tissue, inhibits binding activity of sex hormone-binding globulin Improve the symptoms of prostate enlargement by decreasing post void residual urine volume <i>Gynema sylvestre, Silybum marianum, Urtica dioica, Phytolacca americana</i>	5mL three times daily (immediately after food/ meals)
Nutrient Compound	Zinc - important for the production and storage of insulin, increases insulin signalling, promotes activation of phosphatidylinositol protein 3- kinase and Akt, which stimulates GLUT4 translocation, antioxidant and anti inflammatory to pancreatic cells Inositol - to lower post prandial blood glucose and improve receptor signalling (GLUT4 receptor), inhibits glucose absorption in the duodenum Acetyl-L-carnitine - improve lipid profile, improve alcohol induced fatty liver	Take 3g in 250mL of water twice per day with food