



# TREATMENT PLAN

30<sup>th</sup> September 2024

**Client name:** Kerry Lewis

<b>Practitioner:</b> Mado Paulsen <b>Appointment date:</b> 30 <sup>th</sup> September 2024 <b>Appointment type:</b> Initial <b>Recommended follow up in:</b> 2-4 weeks	<b>Registration:</b> NHAA 157 013 <b>Phone:</b> 0479 073 273 <b>Email:</b> <a href="mailto:hello@downtoearthnaturopathy.com">hello@downtoearthnaturopathy.com</a> <b>Website/bookings:</b> <a href="http://downtoearthnaturopathy.com">downtoearthnaturopathy.com</a>
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## Main goals:

1. Reduce abdominal pain and discomfort and improve digestive function.
2. Reduce and manage stress as it is a trigger and exacerbator of digestive symptoms.
3. Identify and treat other potential causes of gastrointestinal inflammation – via Helicobacter pylori breath test and gastroscopy as referred by your doctor.

## Treatment aims:

1. Improve digestive function using **digestive enzymes** (Gut Relief capsule) with lunch and dinner to increase breakdown of foods, encourage absorption of nutrients and reduce abdominal symptoms of bloating, nausea, reflux and constipation.
2. Manage **stress** via lifestyle responses including:
  - a. Taking **walks to the river**, putting your bare feet on the earth, sitting quietly and doing some deep breathing (even just doing this outside and spending some time doing something you enjoy is beneficial).
  - b. Catching up with **friends** and getting out of the house more (e.g. maybe you and a friend can take a short walk down to the water and enjoy the outside together).
  - c. Work with your psychologist to learn the skills required to set and maintain **boundaries** that can help you feel loved, safe, nurtured and heard.
  - d. Consider implementing a **rotating roster** for some of the household chores in the 'common areas' of the house. This can help reduce stress, set boundaries and enable everyone to feel like a productive and considerate member of the shared household.



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## Initial recommendations

1. We will do a follow up appointment after you have your doctor-referred **H. pylori breath test** (to be done at QML Ashmore Plaza).
2. We will also consider any results that come from your upcoming **gastroscopy** (scheduled for end of October).
3. Begin to implement regular **stress reduction techniques**. For example:
  - Daily walks, especially by the river or at least spending some time outside in the fresh air.
  - Mindfulness exercises, including grounding and focused breathing.
  - Seeing friends regularly, even if for an hour or 2 each week/fortnight and preferably outside of the house.
4. Dietary suggestions:
  - Continue with **kiwifruit and papaya** for digestive support. If you have these foods in the morning, you probably don't need to take any digestive enzymes (the small Gut Relief capsules) with it as kiwi and papaya both contain natural digestive enzymes that can help with food breakdown.
  - Also consider **stewed pears and apples** as well as a few **prunes** to promote bowel regularity and elimination.
  - Maintain **gluten and dairy avoidance** as you already know that wheat (e.g. bread and pasta) as well as dairy can exacerbate your digestive symptoms. I highly recommend cutting these things out of your diet completely at least for a few weeks to see if your symptoms improve. If you do eat them, make a note of how you feel afterwards (you can use the last page of the treatment plan provided for notes).
5. Supplement recommendations:
  - **Magnesium citrate powder**: Start with 1/2 scoop before bed, increase to full scoop (350mg) as tolerated (if needed). You don't have to increase the dose but if you do, do it slowly and **ALWAYS TAKE MAGNESIUM AT LEAST 3 HOURS AWAY FROM DILANTIN**. There is some evidence to suggest that taking Magnesium and Dilantin at the same time can reduce absorption of Dilantin so ensure you separate the doses. E.g. Consider taking Dilantin after dinner at 6pm and Magnesium immediately before bed at 9pm.
  - **Digestive enzyme capsules**: Take at the start of meals to aid digestion. You may not need these at breakfast time if you have papaya and kiwi fruit so you might want to just **take 1-2 capsules with lunch and dinner**.



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6. Continue current medications (from doctor) and supplements (from doctor) as prescribed.
  - ***If you notice any new and/or unusual symptoms after starting any new supplements, stop them immediately and consult with your prescribing practitioner.***
7. To help you reduce stress long-term and allow you to enjoy your space at home, I encourage you to continue to work with your psychologist to promote **open communication with family members** to address household stressors.
  - Consider implementing a **rotating roster** of the household chores to more evenly distribute them across the family members. I will email you an example that you might want to modify to suit your household needs.
  - This type of thing may help bring some order to the house and relieve some of the stress of clutter and disorder.
8. We will continue to investigate other avenues of social and at-home support
  - E.g. regular visits from a housecleaning service?
  - Or help decluttering/organising the contents of your home?

I'm not sure what help may be available to you as a senior, but I will let you know if/when I come across services that may be relevant to you. What services are you currently receiving (if any)? I believe you mentioned social support through Anglicare? Do you know if you are eligible for any other support?

As you have expressed that the clutter and disorganisation in your house is a significant source of stress (and embarrassment) for you, I highly recommend that you considering consulting with someone that may be able to facilitate a regime to help you manage the contents of your home to improve your comfort and safety.

I have been looking into some at-home, private decluttering services that may be of benefit to you. We can discuss this more at your next appointment or I am happy to pass on the details I have found so far.



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## Initial Prescription (Kerry Lewis)

Initial treatment is for 2-4 weeks then reassessment is recommended.

Product	Ingredients	Reason	Dose	Treatment duration	Repeats
<b>Gut Relief capsules</b>	Pancreatic digestive enzymes	To support breakdown and absorption of foods and nutrients. To help relieve abdominal discomfort, pain and bloating.	1-2 capsules with meals (may only need for lunch and dinner)	On-going	We will reassess usefulness of these at your follow up appointment
<b>Instructions:</b> Take 1-2 capsules at the start of your larger meals (e.g. lunch and dinner).  If you have papaya and kiwi fruit for breakfast, these contain natural enzymes so you may not need the capsules with breakfast.					
<b>Give Back Health MagRelax</b>	Magnesium citrate powder and Glycine	Reducing anxiety and promoting relaxation and restful sleep. To promote bowel function (e.g. elimination)	Start with ½ a scoop and increase only if needed.	On-going	We will reassess usefulness of these at your follow up appointment
<b>CAUTION:</b> It is recommended to take Magnesium supplements at least 3 hours AWAY from DILANTIN. My suggestion is to have Dilantin with dinner and take Magnesium immediately before bed to ensure there is a few hours between them. Alternatively, you can trial taking the Magnesium just after lunch instead.  <b>Instructions:</b> Dissolve ½-1 scoop of powder in a small amount of water or juice and drink immediately.					

