

20 Mar 23

Corrective-Maintenance Care Plan

Prepared for: Hannah Bridgement Prescribing Practitioner: Tamara Grysiewicz 505/45 Brisbane Road, Mooloolaba QLD 4557			Breakfast Before During After			Lunch Before During After		Dinner Before During		After Dinner
Naturopathic Prescription - PARASITE REMOVAL - 4-8 weeks										
Iron Advanced - iron status, energy production (review dose post results) Take every other day MON/WED/FRI *Take 30 min AWAY from coffee or black tea.			2 caps							
Organic grass fed liver capsules - iron support. Take as prescribed.			6 caps							
Bioactive lipids - essential fatty acid support, skin support, immune modulation, anti inflammatory			2 caps						2 caps	
Herbs of Gold Probiotic+SB - S Bifido support, microbiome modulation of parasite Let's trial 1 cap daily to improve bowels whilst still reducing likelihood of rash									1 cap	
N-Acetyl-Cysteine biofilm disruptor, microbiome modulation, anti-inflam 1200mg/day - anti-addiction benefits *cont for 2 months			2 sml scoops							
Probiotic - Either Orthoplex Multigen or Activated Probiotic Eczema Anti Inflammatory, assimilation of nutrients, digestive support, skin integrity			1 cap							
Aloe Vera shots for additional anti-parasitic support 30ml x 2 - - cease slippery elm										

Balanced Plate

Vagus Nerve

What is it: Vagus nerve is the longest nerve in the human body and is important for digestive function and energy homeostasis. It is the neural connection between the gut and the brain in the body. If the vagus nerve isn't firing this can cause that connection between gut and brain to not work properly. This can be caused by gut inflammation, bacteria imbalance, stress and high cortisol. **How to activate it:** Deep breathing, humming/singing/vibration, cold water

Ideally your main meal plates will include:

Approx 1 palm of protein

Approx 2 handfuls of Vegetables

Approx 1 handful of Starch foods- such as legumes, basmati rice, sweet potato, potato

A drizzle of Good fats- from nuts, seeds or good quality oil

This is what most of your meals should look like



Dietary modifications:

- Drink 2.5 litres of filtered water daily, preferably away from meals. Incorporate aloe vera shots where possible. Add 1 tsp chia seeds for fibre intake.
- Ensure **adequate protein intake** which will provide essential amino acids for healthy skin and gut health - refer to previous plans.
- Refer to microbiome foods handout → aim for 40 different foods a week.

Increase non-starchy vegetable intake: leafy greens (salad mix, baby spinach, rocket, silverbeet, collard greens, kale, etc.), cucumber, capsicum, eggplant, green beans, cauliflower, zucchini, celery, broccoli, cabbage, asparagus, mushrooms, onion, spring onion/shallots, fresh and dried herbs. → **aim for 600g of non-starchy veg intake daily.**

- **Avoid all sugar and processed foods** during this time. Including high sugar fruits (focus on berries, kiwi fruit, pawpaw if having fruit).
- **Avoid gluten and dairy** → these foods are inflammatory and can contribute to intestinal permeability and immune changes to increase rash flare.
- Dietary **Thyroid support:**
 - Eat **Selenium rich foods** - Include foods rich in selenium such as Brazil nuts (max. 4x day), fish, red meat, eggs, sesame seeds (tahini), and mushrooms.
 - Eat **Iodine rich foods** - Eat a variety of foods high in iodine such as sardines, anchovies, salmon, white fish, sea vegetables (dulse flakes, kelp, nori, wakame), sea salt and Himalayan salt.

Lifestyle modifications:

- **Eat mindfully** - chew your food well to optimise digestion.
- Help to reduce rash itching and inflammation by adding chamomile and oats to bath (put them in muslin cloth and soak in bath).
- Suncream options for face - try Nourished Life website <https://www.nourishedlife.com.au/mineral-natural-sunscreen/> - all relatively low tox products and offers many samples to try. [WotNot](#) do a tinted 40+SPF. [Edible Beauty](#) have a 50+ but it's all-round cream, not tinted. The [A Bit Hippy brand](#) I mentioned is also 40+SPF and zinc based but not tinted. [Avocado Zinc](#) is actually one that's clean, tinted and 50+SPF

Thank you so very kindly for engaging me on your health journey, I am humbled that you have chosen me. I will do my utmost best to get your health back on track :)