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TREATMENT PLAN FOR :

Emma Mattaboni

Date: 10.3.25

Health Goals	<ol style="list-style-type: none">1. Trial 3 weeks without wheat/wheat products to gauge how your GIT responds (pay attention to bloating, gas, bowel movements).2. Improve phase 2 liver detoxification to “clear out” the liver, improve liver function, reduce systemic inflammation. Think of this as a “jump start” to the health journey you’re about to embark on! Do this by taking P2 Detox powder (see prescription)3. Gently reduce anxiety symptoms (psychological stress, jaw clenching, overactive mind, stress etc) to support digestive health, reduce systemic inflammation, reduce hormone dysregulation, improve mood, improve energy, improve immune function – by supplementing with Magnesium Glycinate and Kava (see prescription).4. Identify hormonal/glucose/any other issues via blood test data, and address as required. <p>Long Term:</p> <ul style="list-style-type: none">-Improve gut health- Reduce systemic inflammation by addressing the gut/food intolerances/liver/hormones-Address chronic nervous system over-stimulation/stress as it is going to be at the root of most of your health concerns.- Regulate hormones
Diet	<ul style="list-style-type: none">- Eliminate all wheat products. Replace with potato or rice based. Pay attention to GIT health – bloat, gas, bowel movements, stool formation, joint pain, brain fog, energy.

	<ul style="list-style-type: none"> - Enjoy a cup of matcha each day. Try either Tropeaka or an organic brand from a health food store. ½ to 1 teaspoon in a cup with milk and hot water. Enjoy in the morning or at 11am when you crash a little. Matcha contains L-Theanine which can help focus, clarity, mood and increases dopamine production – very helpful for ADHD.
Lifestyle	<ul style="list-style-type: none"> - Be gentle with yourself please 😊
Barriers	<ul style="list-style-type: none"> - Time, need for data,
Referral/Investigations	<ul style="list-style-type: none"> - Consider the Advanced Gut Microbiome Map. \$460 plus \$26 shipping. Email me when you would like to go ahead with this and I will send you the link to have it organised. Sample report: https://nutripath.com.au/wp-content/uploads/2023/10/2211-Advanced-Microbiome-Mapping-Sep2024.pdf - I would highly recommend considering doing the vaginal microbiome map in the future also to rule out/find any pathogenic bacteria causing vaginal discomfort especially since it has been ongoing for so long. They are \$165 + \$26 shipping. Sample report: https://www.nutripath.com.au/wp-content/uploads/2021/09/2031-Vaginal-Microbiome-Profile.pdf - Have your blood tested ASAP and request copies of results + send them to me if you are ok with that. Then I can analyse them before your next appt and make a plan.
Prescription	<ul style="list-style-type: none"> - Kava 1 -2 tablets 1-2 times daily (as needed during times of stress). Do not exceed 3 tablets P2 detox 1 level metric teaspoon (4 g) once daily in 50 - 100 mL water with food Magnesium Glycinate 1 - 4 capsules daily. Start with 3, increase if desired. Take in afternoons/evenings. Saffron + Zinc 2 capsules daily with meals
Recipes:	-
Other	Return in 5 weeks for check in and assessment of diet changes.

	For your interest : The Effects of <i>Crocus sativus</i> (Saffron) on ADHD: A Systematic Review https://pubmed.ncbi.nlm.nih.gov/37864351/
	Plan - Blood tests ordered including thyroid, iron, blood sugar - Trial wheat elimination for 3 weeks - Consider gut microbiome testing - Consider vaginal microbiome testing - Trial matcha green tea - Commence liver support powder - Trial saffron supplement for ADHD/anxiety support - Commence magnesium glycinate - Optional Kava if needed for anxiety - Review in 4 weeks

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.